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Great Indian Recipes

The Ultimate Book of Indian Cuisine



Master Chefs of India

Lustre Press
Roli Books

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Introduction

This book is an expedition. If you have been looking for a magnum opus on everything you wanted to know about Indian cooking, but were afraid to ask, or did not know where to start your gastronomical search, all you have to do is to embark on an epicurean journey that winds a course of aromas, tastes, flavours, and colours through the pages of this authoritative book.

Your journey will not only lead you to the secrets, methods, and special touches that makes Indian cooking a gourmet's nirvana experienced through the palate, but also the landscapes, the spices and the regions of India; and its polyglot cultural mesh and rich history, which have intertwined inextricably to produce some of the most sought-after recipes in the world.

The days have long since gone when, to the uninitiated palate – mostly in the West – all Indian food was summed up as 'curry', when cooking Indian food in a non-Indian home meant adding a dash of curry powder to a roast or a bland dish. This gastronomical stereotyping was part of a mindset that saw India as a land of snake charmers and maharajas on caparisoned elephants. Just as a deeper probe of the façade of charmers and maharajas revealed an India whose majestic culture and diversity boggled the imagination, so too did the research beyond the 'curry syndrome' unearth an exotic universe of cooking arts that drew not only from the abundance of India's herbs and spices (the quest of which had attracted Western traders and maritime adventurers to India's shores), but also from Persia, Afghanistan, Arabia, Asia Minor, and Southeast Asia. Cultural exchanges between India and these regions continued through ancient, medieval, and modern times. The typically absorptive Indian culture – and cuisine was no exception – added dash from the Far East, a sprinkling from the Mid-East, a pinch from here, a tablespoon from there, and magical recipes emerged, changed, thrived and conquered the world.

The Indian restaurant is as ubiquitous today in Europe, Russia, China, Thailand, even in the USA, in places like California's Orange County (where gastronomic xenophobia has been the norm!) as was the Chinese laundromat or the chop-suey joint. Indian cuisine is now considered to be one of the most exciting aspects of India. Recipes are being discovered and re-

discovered. Indian cookbooks are in demand, not only all over the world, but also in India from ordinary people who like to perform extraordinary feats for their tables, and add to their routine family recipes the food creations from different regions of India.

As the master chefs who have helped in putting together this book will take great pains to inform you, there is no such thing as a uniform Indian taste. Even within a 100-km radius of a city subtle variations can occur. The special *kakori* kebab, for example, is not a delicacy of Awadhi cooking but rather a speciality of Lucknow, the cultural and social epicentre of Awadh. Similarly, Hyderabad, capital of Andhra Pradesh, developed recipes vastly different from the culinary traditions of the state. Hyderabad Biryani, with its specially marinated lamb or chicken and layered rice scented with saffron, is unlike any other biryani in the country.

The hallmark of this book is the presentation of this spectacular variety and uniqueness, with practical and simplified methods of achieving your cooking goals. However, the reader would be mistaken if he thinks he is reading some simplistic, abecedarian guide. The master chefs and others who have contributed to this massive volume of recipes from different parts of India have made no compromises. And when you follow them, they expect you not to compromise either. Otherwise you might miss that special difference, that subtle aromatic change, that indescribable after-taste that, say, differentiates the cooking of Kutch from that of Ahmedabad, the two regions of Gujarat.

While most of the recipes in this grand expedition are devoted to what ordinary folk prepare for themselves – the raw mango appetizer (*aam ka panna*), the sweet-and-sour red pumpkin (*sambhariya kaddu*) of Gujarat; the fenugreek potatoes (*methi aloo*) of Punjab; the turnips in tomato curry (*tamater gogji*) of Kashmir; the spicy lamb curry (*hari mirch ka maas*) of Rajasthan; the Goa sausage rolls (*pao com chouriço*); the fish with yoghurt (*doi maach*) of Bengal; the beaten rice with coconut (*aval nanachathu*) of Kerala – there are others that are intended to make you a master of haute cuisine.

The book contains recipes that you did not imagine could even exist – skewered rolls of eggs and potatoes

roasted in a charcoal grill (*baida kebab*); cumin and garlic flavoured veloute of spinach (*palak shorba*); shrimp with bottle gourd (*lau chingri*); yam kebab; Kashmiri chicken curry (*kokur roghanjosh*); stir-fried corn from Nepal (*makke tareko*) – the permutations and combinations of recipes and regions are endless.

Goa and Kerala in the south; Kashmir and Punjab in the north; Bengal in the east; Rajasthan in the mid-west; Gujarat in the western coastal region all beckon with their delectable dishes. Some for everyday cooking, some

for special festivals, others for weddings and birthdays. Systematically, you journey through the special spices, flavours, condiments, and basic preparations that lay the foundation for these dishes.

The old fashioned way to end this introduction would be to say: bon appétit. But a more appropriate signing off – keeping in mind the metaphor of adventure with which this introduction begins – bon voyage!

Inderjit Bhadwar

Special Ingredients Used

Timmur: looks like black pepper but is sharp and pungent in taste. It is used mostly in pickles and chutneys. *Timmur* is a red seed which grows wild on thorny bushes in jungles. In India, it is found in Nainital, Mussourie and in the hills of Himachal Pradesh. The seeds are dried and stored. Fresh seeds are more pungent in taste. Just 5-6 grains of *timmur* are sufficient to add flavour.

Jimmu: is a sort of dried grass-like ingredient. It grows in Bhutan and is used only to temper dals and chutneys and has a distinctive flavour.

Chukamilo: is a lemon concentrate used when *nibua* and *gal-gal*, large oblong lemons grown in Nepal and Himachal Pradesh in India respectively, are not available. About 5 lt / 40 fl oz of juice is extracted from the lemons and boiled in an iron / steel pan. It is stirred occasionally till the juice is reduced to a light brown, honey-like consistency. When cool, store in a glass jar. Dilute the concentrate in a little water before using.

Lapsi: is a roundish wild fruit with a thick skin and sour pulp. It is used in vegetables, and dals to add a sour flavour. A sweet-sour candy is also prepared from *lapsi*.

Goa vinegar: made from coconut palm toddy. It is used in the cooking of meat, poultry, and pork dishes, and as a pickling agent.

Goa jaggery: pyramids or rounds of dark brown or black palm jaggery. It is used in coconut-based sweets.

Bimblim / Bilimbi: sour, gherkin-shaped fruit. It is used as a souring agent.

Cocum: a deep red grape-sized berry. The skin is dried and used as a souring agent in fish and vegetable dishes.

Bombil / Bombay duck: is a slim, soft fish, tastes best batter or crumb fried. When dried, it is the perfect monsoon accompaniment to fish curry and rice, when fresh fish is scarce. Fry chopped, dried *bombil* crisp; crumble into a vinaigrette of onions, green chilies, vinegar, and salt.

Dried prawns: roasted and added to coconut curries and vegetable dishes, relishes, and chutneys.

Chouriço: there are a number of local versions of the Portuguese garlic sausage. They are stuffed with a spicy filling of cubed pork marinated in spices, vinegar, and a dash of *feni*, and sun-dried or smoked over wood fires.

To cook: Boil whole sausages in water to cover. When done, add a few whole pearl onions or thickly sliced onions and cook for a few more minutes. Cut the sausages into 2" pieces and serve in their own gravy as an accompaniment to pulaos.

Pappad: flat, sun-dried wafers made from moth beans (*moth dal*) paste. This is eaten fried or roasted as a snack, and gravied as a main course dish.

Mongodi: small sun-dried dumplings made from green gram (*moong*) or moth beans (*moth dal*) paste.

Kachri: a sour, cucumber-like vegetable from the melon family. It is sliced and stored dried. It acts as a tenderizer for lamb dishes and provides tanginess to the dishes.

Ker: a berry found on the desert trees. When fresh it is used to make pickles and in its dried form, is combined with *sangri* as an authentic vegetable preparation.

Sangri: this is a bean-like vegetable. Regarded as a delicacy, it is usually stored after it is dried.

Basic Preparations

Spice cake (tikki masala): Take 100 gm / 3½ oz asafoetida (*hing*), 100 gm / 3½ oz black gram (*urad dal*) powder, 50 gm / 1¾ oz ginger powder (*sonth*), 100 gm / 3½ oz red chilli powder, 50 gm / 1½ oz aniseed (*saunf*) powder, 25 gm coriander (*dhaniya*) powder, 15 gm garam masala, 10 gm black cardamom (*badi elaichi*) powder, 10 gm cinnamon (*dalchini*) powder, 25 gm cumin (*jeera*) powder, 5 gm mace (*javitri*) powder, 5 gm nutmeg (*jaiphal*) powder, 10 gm clove (*laung*) powder, 5 gm black cumin (*shahi jeera*) seed powder, 5 gm carom (*ajwain*) seeds, 100 ml / 3½ fl oz vegetable oil, 100 gm / 3½ oz salt, and 250 ml / 8 fl oz water.

Dissolve the asafoetida in ½ cup water. Strain into a big bowl. Add all the ingredients and the remaining water. Mix well and knead into a hard dough. Divide the dough into 20-25 equal portions and then shape each portion into a round ball. Flatten each ball into round cakes. Place these on a greased tray and then sun-dry for one whole day. Turn over and dry the other side also for one whole day. When they are completely dry, store them in an airtight jar, and use as and when required.

Mustard paste: Take 200 gm of mustard seeds (*rai*) and wash well. Grind to a paste by adding just enough water to get a paste-like consistency.

Panch phoran: Mix equal quantities of fenugreek seeds (*methi dana*), cumin (*jeera*) seeds, aniseed (*saunf*), mustard seeds (*rai*), and onion seeds (*kalonji*). Store in any airtight jar and use as and when required.

Coconut milk: Grate 1 coconut and press through a muslin cloth to obtain the first (thick) extract. Boil the grated coconut with equal quantity of water to obtain the second (thin) extract.

If refrigerated, this can stay for up to 3-4 days.

Soft cottage cheese (chenna): For about 400 gm / 14 oz; boil 2 lt / 64 fl oz milk in a deep pot and remove from heat. Add 160 ml / 5 fl oz vinegar or lemon juice till the milk curdles. Transfer the curdled milk into a muslin cloth to drain out the whey. Use either in crumbled form or else wrap in a muslin cloth and press down with a weight for half an hour or so. This will form into a block, which can then be cut to desired size pieces.

Tamarind (imli) pulp: Take 200 gm / 7 oz of seedless tamarind. Add 3 cups / 750 ml / 24 fl oz water and boil for 5 minutes. Strain the mixture and use as required.

Brown onion paste: Fry sliced onions on medium heat till brown. Drain the excess oil and allow to cool. Process until pulped (using very little water, if required). Refrigerate in an airtight container.

Wholemilk fudge (khoya): Boil milk in a wok (*kadhai*). Reduce heat and cook, stirring occasionally, till the quantity is reduced to half. Then stir constantly and scrape from all sides till a thick paste-like consistency is obtained. Allow to cool.

Dhansak masala: Take 1 kg / 2.2 lb coriander (*dhaniya*) seeds, 250 gm / 9 oz cumin (*jeera*) seeds, 1" piece turmeric (*haldi*), 50 gm / 1¾ oz cinnamon (*dalchini*) sticks, 50 gm / 1¾ oz cloves (*laung*), 200 gm / 7 oz black peppercorns (*sabut kali mirch*), 50 gm / 1¾ oz white cardamom (*safed elaichi*), 50 gm / 1¾ oz mustard seeds (*rai*), 50 gm / 1¾ oz poppy seeds (*khus khus*), 50 gm / 1¾ oz curry leaves (*kadhi patta*), 60 gm / 2 oz black cumin (*shahi jeera*) seeds, 50 gm / 1¾ oz fenugreek seeds (*methi dana*), 50 gm / 1¾ oz bay leaves (*tej patta*), 50 gm / 1¾ oz dried orange peel (pith should be removed), and 50 gm / 1¾ oz dried sweet lime peel (pith should be removed).

Roast each ingredient individually with just 1-2 tsp oil on a griddle (*tawa*). Cool, grind and mix. Store in an airtight glass container. This can be kept for over a year.

Gun powder: Take 100 gm / 3½ oz split black gram (*urad dal*), 50 gm / 1¾ oz dry red chillies (*sookhi lal mirch*), 5 gm mustard seeds (*rai*), 3 gm asafoetida (*hing*), 20 gm curry leaves (*kadhi patta*), 3 gm lime concentrate, and salt to taste.

In a wok (*kadhai*), dry roast the split black gram on low heat for 5-8 minutes. Keep aside. Dry roast the dry red chillies and mustard seeds, separately. Add all the ingredients together and grind to a fine powder. Store in an airtight jar. Serve with ghee.

Sambhar powder: Take 75 gm / 2½ oz dry red chillies (*sookhi lal mirch*), ½ tbsp / 15 ml vegetable oil, 200 gm / 7 oz coriander (*dhaniya*) seeds, 50 gm / 1¾ oz

cumin (*jeera*) seeds, 20 gm fenugreek seeds (*methi dana*), 20 gm black peppercorns (*sabut kali mirch*), 20 gm mustard seeds (*rai*), 20 gm Bengal gram (*chana dal*), 20 gm red gram (*arhar dal*), 20 gm poppy seeds (*khus khus*), 2 cinnamon (*dalchini*) sticks, 5 curry leaves (*kadhi patta*), and 20 gm turmeric (*haldi*) powder.

Fry the dry red chillies in oil. Dry roast all the other ingredients (except turmeric powder) separately till they release a strong aroma. Grind all the ingredients including turmeric powder together to a fine powder. Store the powder in an airtight container and use when required.

Buttermilk (*matha*): Take 50 gm / 1¾ oz sour yoghurt and add 150 ml / 5 fl oz water. Blend together.

Split green gram strips (*mangori*): Take 1¼ cups / 250 gm / 9 oz split green gram (*dhuli moong dal*), soaked for 2 hours, a pinch of asafoetida (*hing*), a 4 ft x 2 ft plastic sheet, and a ½ kg-sized plastic polythene packet.

Drain and grind the split green gram to a smooth and thick consistency. Add the asafoetida and whip together for 2-3 minutes. Grease the plastic sheet lightly on one side. Put some green gram paste in the polythene packet and make a small hole in one corner of the packet. Now press the paste out gradually onto the greased sheet in long thin strands and sun-dry. Repeat till all the paste is used up. When it has completely dried, the *mangori* will come off on its own. Store in airtight jars.

Boiled gram flour rounds (*gatta*): Take 2 cups / 200 gm / 7 oz gram flour (*besan*), ½ tsp carom seeds (*ajwain*), 1 tsp / 2 gm red chilli powder, 2 tbsp / 60 gm / 2 oz yoghurt (*dahi*), 1 tbsp / 15 gm ghee, and salt to taste.

Mix all the ingredients together. Gradually add water (1 tbsp at a time) and knead to make a stiff dough. Divide the dough equally into lemon-sized portions. Roll each portion out to make a long, thin strand of ¼" diameter. Boil 6 cups water in a broad pan. Slowly slide in the strands and boil for about a minute. Drain and leave open for the extra moisture to evaporate. Use as required.

Dry cockscomb flower extract: Heat 1½ cups dry cockscomb flowers with 1½ cups water in a pan for 1-2 minutes. Cool and then strain through a fine muslin cloth. Collect the extract in a bowl. Use as required.

Cooked yoghurt: Whisk 2 cups / 400 gm / 14 oz yoghurt until very smooth. Add ½ cup water and whisk again to blend well. Pour this mixture into a round-bottomed pan and cook on high heat. Stir constantly till the mixture comes to the boil. Then reduce heat to low,

stirring occasionally, until the mixture is reduced to half its original quantity, and its colour has changed to off-white. Use as required in the recipe.

Garlic water: Mince 1½ tbsp garlic and mix with ¼ cup water. Let it stand for 5 minutes. Rub the mixture with your hands, through a fine muslin cloth, and collect the extract. Use as required.

Ghushtaba and Rista: Take 500 gm / 1.1 lb fresh, boneless meat from the leg of lamb (with fat removed) and cut into 1" x 2" cubes; 4 tbsp fat or unsalted butter, ¼ tsp green cardamom (*choti elaichi*) powder, and ¾ tbsp salt.

First pound the meat on a smooth stone with a wooden mallet. While pounding, remove any white tough fibre that may appear. Keep pounding until the meat changes colour.

When the meat has lightened in colour, add the fat or unsalted butter and green cardamom powder. Continue to pound with the mallet, turning it over with one hand, until the meat is very light in colour, soft and has a paste-like texture. Add salt and pound until well mixed.

With hands wet in chilled water, make balls with the meat paste, and keep aside for use either for *ghushtaba* or *rista*.

Ver paste: Pound together 250 gm / 9 oz garlic (*lasan*) and 250 gm / 9 oz shallots to a coarse paste. Dry roast 1 kg / 2.2 lb Kashmiri red chilli powder, 50 gm / 1¾ oz black cardamom (*badi elaichi*), 1 tbsp black cumin (*shahi jeera*) seeds, 1 tbsp green cardamom (*choti elaichi*) seeds; 1 tbsp cinnamon (*dalchini*) powder, 1 tbsp dry ginger powder (*sonth*), separately. Then grind to a fine powder.

Mix the garlic and shallot paste with this powder. Shape them into cakes and make a hole in the centre big enough to pass a thin rope through it so that the cakes can be strung together and kept for use later. Dry the cakes in the sun until they have no moisture left.

Recheio spice paste: Take 10-12 Kashmiri chillies (*sookhi lal mirch*), ½ tsp cumin (*jeera*) seeds, 12 black peppercorns (*sabut kali mirch*), ½ tsp / 1 gm turmeric (*haldi*) powder, ½ small, onion, chopped (optional), ½" piece ginger (*adrak*), chopped, 12 garlic (*lasan*) cloves, 20 gm tamarind (*imli*), 1 tsp / 3 gm sugar, 1 tsp / 4 gm salt, and 6 tbsp / 90 ml / 3 fl oz vinegar (*sirka*). Grind all the ingredients to a smooth paste. Use as required.

Chicken / Lamb stock: Take 1 kg chicken / lamb bones (with some meat), 2 medium-sized onions, chopped, 1 large tomato, chopped, 4 cups / 1 lt / 32 fl oz

water, 2 tsp / 8 gm salt, a pinch of turmeric (*haldi*) powder, 1" piece ginger (*adrak*), chopped, 1 tbsp / 6 gm coriander (*dhaniya*) seeds, 1 cinnamon (*dalchini*), 1" stick, 4 cloves (*laung*), and 10 black peppercorns (*sabut kali mirch*).

Put the first 6 ingredients into a large pan. Tie the ginger and spices in a muslin cloth and add to the pan. Bring the mixture to the boil, lower heat and simmer for at least 1 hour. Skim off any scum.

Squeeze the muslin bag to extract the flavours. Strain the stock. Remove the meat from the bones and keep aside. Refrigerate stock when cool and skim off any excess congealed fat, if desired.

Add 1 sautéed onion, 1 tomato, cooked meat, and some uncooked pasta / rice for a nutritious soup.

Vegetable stock: Combine 4 carrots (*gajar*), washed and scrubbed; 8 whole spring onions (*hara pyaz*); 6 outer lettuce leaves, 1 tsp salt, and 4 cups / 1 lt / 32 fl oz water together. Bring the mixture to the boil. Cover, lower heat and simmer for 30 minutes. Strain the stock through a muslin cloth and use as required.

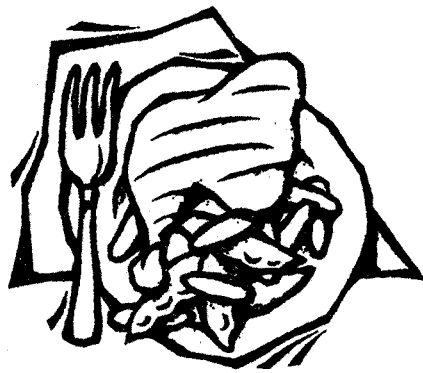
Vegetable gravy: Take 1 kg / 2.2 lb onions, peeled, chopped; 1/2 cup / 100 gm / 3 1/2 oz ghee, 2 black cardamom (*moti elaichi*), 5 green cardamom (*choti elaichi*), 5 cloves (*laung*), 1 nutmeg (*jaiphal*), 2 gm mace (*javitri*), 5 gm cinnamon (*dalchini*) sticks, 2 bay leaves (*tej patta*), 2 tbsp / 36 gm / 1 1/4 oz ginger-garlic (*lasan-adrak*) paste, 2 1/2 cups / 200 gm / 7 oz cashew nuts (*kaju*), 100 gm / 3 1/2 oz melon (*magaz*) seeds, 2 1/2 cups / 500 ml / 18 fl oz milk, 1/2 cup / 100 gm / 3 1/2 oz tomato purée, 1 1/2 tsp / 6 gm salt, 2 tsp / 4 gm red chilli powder,

1 1/2 tsp / 3 gm garam masala, 1 tsp / 2 gm white pepper (*safed mirch*) powder, and 1/2 cup / 100 gm / 3 1/2 oz yoghurt (*dahi*).

Boil the onions with 2 1/2 cups water. Then simmer for about 25 minutes on low heat. Drain the water and grind the onions in the food processor. Heat the ghee in a heavy-based wok (*kadhai*); add whole spices and stir till they crackle. Add ginger-garlic paste and sauté till light brown. Add minced onions and sauté till golden brown. Make cashew and melon seed paste by soaking them for 30 minutes in milk and grinding in a food processor. Mix this paste with the onion mixture. Add tomato purée and stir in the powdered spices; stir for about 10-15 minutes. Stir in yoghurt, then add 4 cups water and bring to the boil. Lower heat, cover the wok and keep stirring every 5 minutes for the next 30 minutes till the oil leaves the sides of the wok.

Tomato chutney: Take 2 kg / 4.4 lb tomatoes, washed, quartered; 1 kg / 2.2 lb onions, peeled, quartered; 200 ml / 7 fl oz vegetable oil; 15 dry red chillies (*sookhi lal mirch*); 5 gm mustard seeds (*rai*); 20 gm split black gram (*urad dal*); 10 sprigs curry leaves (*kadhi patta*), and salt to taste.

Heat a little oil in a wok (*kadhai*); add the onions and fry for 8-10 minutes till translucent. Add the dry red chillies and tomatoes. Cook for 15-20 minutes. Remove from heat. When the mixture cools, grind to a fine paste. Heat 1 tbsp oil in the same wok; add the mustard seeds, split black gram and curry leaves. Sauté for a few minutes. Add this to the paste and check for seasoning. Serve cold.



Chicken

Murg-e-Khas

Chicken drumsticks stuffed with nuts

Ingredients:

Chicken drumsticks, washed	4
Chicken, minced	300 gm / 11 oz
Ginger (<i>adrak</i>) paste	5 tsp / 30 gm / 1 oz
Garlic (<i>lasan</i>) paste	5 tsp / 30 gm / 1 oz
Salt to taste	
Green chilli paste	5 tsp / 25 gm
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Almonds (<i>badaam</i>)	½ cup / 60 gm / 2 oz
Cashew nuts (<i>kaju</i>)	½ cup / 60 gm / 2 oz
Mint chutney (see p. 428)	½ cup / 100 gm / 3½ oz
Garam masala	1 tsp / 2 gm
Vegetable oil	3 tsp / 15 ml
Saffron (<i>kesar</i>)	1 tsp / 1 gm
Cream	½ cup / 100 ml / 3½ fl oz

Serves: 4-5

Method:

1. Debone the entire chicken leg, leaving only the top of the drumstick. Flatten the chicken leg using a steak hammer.
2. Make a marinade with half the quantity of ginger and garlic pastes, salt, green chilli paste, and lemon juice. Rub the paste into the chicken and refrigerate for 30 minutes.
3. Mix the almonds, cashew nuts, chicken mince, and mint chutney together.
4. Add garam masala and the remaining ginger, garlic, green chilli pastes, salt, and lemon juice to the mince mixture; mix well.
5. Stuff the deboned chicken with this mixture, rolling the chicken in such a way that the mince is wrapped in it.
6. Place the rolls on a greased tray and cover with foil. Bake in a medium-sized hot oven (100°C / 200°F) until done (approximately 20 minutes).
7. Take the chicken out of the oven and remove the foil. Slice each chicken roll diagonally and arrange on a platter.
8. Pour the saffron mixed with cream over the sliced chicken.
9. Serve hot, garnished with lemon wedges and tomato slices.



Tangri Kebab

Chicken drumsticks marinated with yoghurt

Ingredients:

Chicken drumsticks, washed	800 gm / 28 oz
For the marinade:	
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Salt to taste	
Red chilli paste	2 tsp / 4 gm
Garam masala	½ tsp / 1 gm
Yoghurt (<i>dahi</i>), drained	½ cup / 100 gm / 3½ oz
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Cumin (<i>jeera</i>) powder	4 tsp / 6 gm
Yoghurt	1 cup / 200 gm / 7 oz
Black peppercorns (<i>sabut kali mirch</i>)	3 tsp / 18 gm
Brown onion paste (see p.10)	¼ cup / 75 gm / 2½ oz
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Make 3 incisions on each drumstick.
2. **For the marinade**, whisk all the ingredients together and rub the mixture into the chicken. Marinate for 4 hours.
3. Skewer the drumsticks and roast in a tandoor for 8-10 minutes. Remove and place the drumsticks in an ovenproof dish mixed with the remaining ingredients. Cover tightly and bake for 25 minutes or cook in a pot sealed with dough over a hot plate for 30 minutes on low heat. Serve hot.

Serves: 3-4

Murg Khusk Parda

Slow-oven tandoori chicken

Ingredients:

For the tandoori chicken:

Chicken broiler,	
skinned, washed	2 (600 gm / 22 oz each)
Salt to taste	
Red chilli paste	5 tsp / 25 gm
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz

For the marinade:

Yoghurt (<i>dahi</i>), drained	1 cup / 200 gm / 7 oz
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Garam masala	2 tsp / 4 gm
Ginger paste	5 tsp / 30 gm / 1 oz
Lemon juice	2 tbsp / 30 ml / 1 fl oz
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz
Saffron (<i>kesar</i>)	a few strands

For the (covering) dough:

Refined flour (<i>maida</i>)	1½ cups / 150 gm / 5 oz
Salt to taste	
Sugar	2 tsp / 6 gm
Milk	½ cup / 100 ml / 3½ fl oz
Vetivier (<i>kewda</i>) essence	2 drops
Butter, melted	2½ tbsp / 50 gm / 1¾ oz

Cream	6 tbsp / 120 ml / 4 fl oz
Egg yolks	2

Serves: 4-5

Method:

1. Make 3 incisions each on breasts, thighs, and legs of chicken.
2. Mix salt, red chilli paste, ginger-garlic pastes, and lemon juice together; rub into the chicken. Keep aside for 30 minutes.
3. **For the marinade**, whisk yoghurt in a bowl, add all the ingredients and mix well. Coat chicken with the marinade and refrigerate for 5-6 hours.
4. Preheat the oven or tandoor to 180°C / 350°F. Roast the chicken for 15 minutes or until almost done. Keep aside.
5. Grease two casserole dishes, one for each chicken.
6. **For the (covering) dough**, sieve the flour and salt in a mixing bowl.
7. Dissolve sugar in warm milk; add the vetivier essence and stir. Pour this into the flour mixture and knead into a dough. Keep aside for 15 minutes.
8. Add butter to the dough, knead again and keep aside for 10 minutes.
9. Divide the dough into two equal portions, shape into balls and dust with flour. Keep aside for another 5 minutes.
10. Roll out the balls into discs, the size of each casserole dish. Prick the surface of the disc with a fork. Preheat the oven to 150°C / 300°F.
11. Cut each chicken into 4 pieces and arrange them in the casserole. Drizzle the cream over the chicken and cover the dish with the rolled out disc to make a covering (*pardah*). Press the edges to seal and brush the top with beaten egg yolk.
12. Bake for 10-15 minutes, until the covering is golden brown. Cut open the covering and serve the chicken with one portion of the covering.



Murg Bannu Kebab

Egg coated chicken kebabs

Ingredients:

Chicken, cut into boneless cubes, washed, dried	900 gm / 2 lb
Salt	2 tsp / 8 gm
Dry fenugreek (<i>kasoori methi</i>) powder	1 tsp / ½ gm
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Green chillies, chopped	2 tsp
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Vinegar (<i>sirka</i>)	1 tsp / 5 ml
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz
Gram flour (<i>besan</i>), sieved	5 tsp / 15 gm
Breadcrumbs, fresh	2½ tbsp / 37 gm / 1¼ oz
Egg yolks, whisked	6

Method:

1. Mix salt, dry fenugreek powder, ginger-garlic paste, green chillies, green coriander, and vinegar together; rub into the chicken. Refrigerate for 15 minutes.
2. Heat the oil in a pan; stir-fry the gram flour till a pleasing smell emanates. Add chicken cubes and sauté on low heat for 3-5 minutes till half cooked.
3. Add breadcrumbs and mix well. Remove and spread on a clean table top to cool.
4. Skewer the cubes 2" apart and roast in a tandoor till done. Bring the cubes close together and coat with egg yolks. Roast till the egg coating turns golden brown. Remove, garnish with onion rings and serve hot with mint chutney (see p. 428).

Serves: 4



Murg Afghani Kebab

Chicken kebabs flavoured with cheese

Ingredients:

Chicken broiler, skinned, washed, cut into 12 pieces	2 (750 gm / 25 oz each)
Salt to taste	
White pepper (<i>safed mirch</i>) powder	a pinch
Mace (<i>javitri</i>) powder	2½ tsp / 5 gm
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Malt vinegar (<i>sirka</i>)	¼ cup / 50 ml / 1¾ fl oz
Yoghurt (<i>dahi</i>)	2 cups / 400 gm / 14 oz
Cheese, grated	¾ cup / 90 gm / 3 oz
Cream	3 tbsp / 60 ml / 2 fl oz
Green chillies, chopped	6
Green cardamom (<i>choti elaichi</i>)	1 tsp / 2 gm
Butter for basting	

Method:

1. Mix salt, white pepper, ½ tsp mace powder, ginger and garlic pastes with malt vinegar. Rub the mixture into the chicken and marinate for 1 hour.
2. Mix the remaining ingredients (except butter) together. Transfer the marinated chicken into this yoghurt mixture. Keep aside for 3 hours.
3. Preheat the oven to 180°C / 350°F. Skewer the chicken pieces, 2 cm apart. Keep a tray underneath to collect the drippings. Roast in an oven / tandoor / grill for 10-12 minutes. Remove and hang the skewers to allow the excess marinade to drip off.
4. Baste with butter and roast for 3 more minutes.
5. Serve hot with lemon wedges and naan or roti.

Serves: 4

Murg Kaju Kebab

Chicken drumsticks coated with cashew batter

Ingredients:

Chicken drumsticks	12
Ginger-garlic (<i>adrak-lasan</i>) paste	4 tsp / 24 gm
White pepper (<i>safed mirch</i>) powder	a pinch
Salt	1 tsp / 4 gm
Vinegar (<i>sirka</i>)	1 tsp / 5 ml
Yoghurt (<i>dahi</i>)	1¼ cups / 250 gm / 9 oz
Cream	¾ cup / 150 gm / 5 oz
Ginger-garlic paste	2 tbsp / 36 gm / 1¼ oz
White pepper powder	1 tsp / 2 gm
Garam masala	2 tsp / 4 gm
Salt	½ tsp / 2 gm
Saffron (<i>kesar</i>)	a few strands
Vegetable oil for basting	
Eggs, whisked	4
Cashew nuts (<i>kaju</i>), finely ground	5 tbsp / 75 gm / 2½ oz

Serves: 4

Method:

1. Wash and clean the chicken drumsticks. Make 4-5 deep vertical incisions.
2. Mix ginger-garlic paste, white pepper powder, salt, and vinegar together. Coat the drumsticks with this paste and rub into the slits. Refrigerate for 15 minutes.
3. Make a second marinade with yoghurt, cream, ginger-garlic paste, white pepper powder, garam masala, salt, and saffron.
4. Marinate the chicken in the prepared marinade and refrigerate for another 15 minutes.
5. Skewer the drumsticks and roast in a tandoor for 3-5 minutes till half cooked. Remove and hang for 2-3 minutes to allow the excess marinade to drip off.
6. Baste with oil / butter and roast till completely cooked.
7. Mix the cashew nut paste and eggs together. Coat the drumsticks with this batter and roast again till the egg has coagulated. Remove from skewers.
8. Serve hot with mint chutney (see p. 428).



Murg Kandhari

Barbecued chicken

Ingredients:

Chicken broiler, skinned, washed	2 (600 gm / 22 oz each)
Red chilli powder	2½ tsp / 5 gm
Lemon (<i>nimbu</i>) juice	3 tbsp / 45 ml / 1½ fl oz
Pomegranate (<i>anar</i>) juice	3 tbsp / 45 ml / 1½ fl oz
Yoghurt (<i>dahi</i>), hung, whisked	1½ cups / 300 gm / 11 oz
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Black cumin (<i>shahi jeera</i>) seeds	2 tsp / 3 gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Garam masala	2 tsp / 4 gm
Salt to taste	
Saffron (<i>kesar</i>)	1 tsp / 1 gm
Double cream	4 tbsp / 80 ml / 2¾ fl oz
Butter for basting	

Method:

1. Make 3 deep incisions each on sides of breasts and thighs and 2 on each drumsticks.
2. Mix red chilli powder, lemon juice, and pomegranate juice together; rub over the chicken evenly. Marinate for 2 hours and refrigerate.
3. Mix yoghurt with remaining ingredients (except butter). Marinate the chicken in this mixture for 2-3 hours more. Refrigerate.
4. Preheat the oven / tandoor / grill to 180°C / 350°F. Skewer chicken from tail to head, leaving a gap of at last 4 cm. Roast for 10 minutes. Remove, hang the skewers to let the excess moisture drip. Baste with butter and roast again for 4-5 minutes. Serve.

Serves: 4-5

Neza Kebab

Chicken drumsticks flavoured with green cardamom

Ingredients:

Chicken drumsticks	900 gm / 2 lb
For the marinade:	
Ginger (<i>adrak</i>) paste	5 tbsp / 90 gm / 3 oz
Garlic (<i>lasan</i>) paste	5 tbsp / 90 gm / 3 oz
Salt	1½ tsp / 6 gm
White pepper (<i>safed mirch</i>) powder	2 tsp / 4 gm
Garam masala	2 tsp / 4 gm
Dry fenugreek (<i>kasoori methi</i>) powder	1 tsp / ½ gm
Vinegar (<i>sirka</i>)	4 tsp / 20 ml
Green coriander (<i>hara dhaniya</i>), chopped	2 cups / 50 gm / 1¾ oz
Green cardamom (<i>choti elaichi</i>) powder	2 tsp / 4 gm
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Gram flour (<i>besan</i>)	3 cups / 300 gm / 11 oz
Eggs, whisked	4
Cream	1 cup / 200 ml / 7 fl oz
Butter for basting	

Serves: 4

Method:

1. Wash and clean the chicken drumsticks. Remove the thigh bone from the flesh. Do not remove it completely.
2. **For the marinade**, mix all the ingredients together and rub into the chicken. Marinate for 20 minutes.
3. Heat the oil in a pan; add gram flour and stir-fry on low heat till a pleasing smell emanates. Remove from heat and transfer to a mixing bowl to cool.
4. Add 1 egg and blend to make a smooth paste; add cream and mix well.
5. Add the remaining eggs to the mixture and mix thoroughly. Coat the chicken drumsticks with this marinade and keep aside for 20 minutes.
6. Skewer the drumsticks once along the bone and once through the thigh flesh. Cook in a tandoor for about 8-10 minutes or till slightly coloured. Remove and let the excess marinade drip off.
7. Baste lightly with butter and roast again for 2-3 minutes or till completely done.
8. Remove from skewers onto a serving platter. Serve hot garnished with lemon wedges, cucumber and tomato dices, and onion rings.



Chicken Soya Kebab

Ingredients:

Chicken breasts, deboned, skinned, cubed	4
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Black pepper (<i>kali mirch</i>) powder	1½ tsp / 3 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Salt	1 tsp / 4 gm
Vegetable oil	1 tbsp / 15 ml
Soya sauce	2 tbsp / 30 ml / 1 fl oz
Butter / Vegetable oil for basting	

Serves: 4-5

Method:

1. Rub lemon juice on the chicken cubes and keep aside for 30 minutes.
2. Pat the chicken cubes dry and sprinkle black pepper powder over them.
3. Mix garlic paste, salt, oil, and soya sauce together; add the chicken cubes and coat well. Marinate for 2-3 hours.
4. Preheat oven to 180°C / 350°F. Skewer the chicken pieces 2 cm apart. Roast for 8-10 minutes or until cooked, basting once thoroughly.

Kastoori Kebab

Chicken kebabs flavoured with fenugreek

Ingredients:

Chicken breasts, cleaned, skinned,
deboned, cut each into 2 pieces 12

For the marinade:

Ginger (*adrak*) paste 3 tbsp / 54 gm / 1¾ oz
Garlic (*lasan*) paste 3 tbsp / 54 gm / 1¾ oz
Dry fenugreek leaves (*kasoori methi*) 2 tbsp / 10 gm
White pepper (*safed mirch*) powder 1 tsp / 2 gm
Salt to taste
Lemon (*nimbu*) juice 3 tbsp / 45 ml / 1½ fl oz

Butter 4 tbsp / 80 gm / 2¾ oz
Vegetable oil 2 tsp / 10 ml
Gram flour (*besan*) 1 tbsp / 10 gm
Breadcrumbs 1½ tbsp / 22 gm
Ginger, chopped 3 tsp / 18 gm
Green coriander (*hara dhaniya*), chopped 1 cup / 25 gm
Black cumin (*shahi jeera*) seeds 1 tsp / 2 gm
Saffron (*kesar*) 1 tsp / 1 gm
Egg yolks 3
Green cardamom (*choti elaichi*) powder 1 tsp / 2 gm
Lemon juice to taste

Method:

1. For the marinade, mix all the ingredients and rub into the chicken. Marinate for at least 1 hour.
2. Heat the butter and oil in a pan; add gram flour and stir on medium heat until golden brown. Divide this into two portions.
3. To one portion add breadcrumbs, ginger, green coriander, and marinated chicken. Mix well.
4. Preheat oven to 150°C / 300°F. To the second portion add black cumin seeds, saffron, and egg yolks; whisk the batter thoroughly.
5. Skewer 6 chicken pieces together so that they don't overlap. Leave a gap of 4 cm and then skewer the next lot. Coat each with the egg batter.
6. Roast the chicken in the oven / tandoor for 8-10 minutes. Remove and sprinkle with green cardamom powder and lemon juice.
7. Serve hot.

Serves: 4-5



Chukandri Tangri Kebab

Chicken drumsticks with beetroot

Ingredients:

Chicken drumsticks, skinned 15

For the first marinade:

Beetroot (*chukandar*), finely grated 150 gm / 5 oz
Lemon (*nimbu*) juice 2 tbsp / 30 ml / 1 fl oz
Salt to taste

For the second marinade:

Yoghurt (*dahi*), whisked ¾ cup / 150 gm / 5 oz
Black cumin (*shahi jeera*) seeds 2 tsp / 4 gm
Cream 4 tbsp / 80 ml / 2¾ fl oz
Garam masala 2 tsp / 4 gm
Ginger (*adrak*) paste 2 tbsp / 36 gm / 1¼ oz
Garlic (*lasan*) paste 2 tbsp / 36 gm / 1¼ oz

Butter for basting 4 tsp / 20 gm

Method:

1. Make 2 deep incisions on each drumstick.
2. Mix all the ingredients of the first marinade and rub evenly over chicken legs. Marinate for 1 hour.
3. Mix all ingredients of the second marinade. Marinate chicken in this mixture; refrigerate for 2-3 hours.
4. Preheat oven to 180°C / 350°F. Skewer the drumsticks, leaving a gap of at least 2 cm. Keep a tray underneath to collect the drippings.
5. Roast in hot tandoor / oven / grill for about 10-15 minutes. Baste continuously with butter. Garnish with lemon wedges and parsley and serve hot on a bed of shredded cabbage.

Serves: 4-5

Murg Chakori

Chicken breasts stuffed with minced lamb

Ingredients:

Chicken breasts	8
Lamb, minced	250 gm / 9 oz
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Fennel (<i>moti saunf</i>) powder	2 tsp / 4 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Red chilli powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Salt	2 tsp / 8 gm
Yoghurt (<i>dahi</i>)	¼ cup / 50 gm / 1¾ oz
Asafoetida (<i>hing</i>)	a pinch
Vegetable oil	1 cup / 200 ml / 7 fl oz
Water	1 cup / 250 ml / 8 fl oz
For the marinade:	
Yoghurt, drained	2½ cups / 500 gm / 1.1 lb
Salt to taste	
Cream	½ cup / 100 ml / 3½ fl oz
Red chilli powder	1 tsp / 2 gm
Vinegar (<i>sirka</i>)	1½ tsp / 8 ml
Coriander powder	1 tsp / 1½ gm

Serves: 4

Method:

1. Clean the chicken breasts, slit open from one side and flatten. Keep aside.
2. Blend together the lamb mince, black cumin seeds, dry ginger powder, fennel powder, cumin powder, red chilli powder, coriander powder, salt, yoghurt, and asafoetida.
3. Divide the mince mixture equally into 8 balls. In a pan, heat the oil and water in equal quantities, reduce heat and immerse the balls into the pan. Cover and cook for about 20 minutes.
4. Stuff the prepared meat balls into the chicken breasts. Wrap the chicken breasts firmly with silver foil. Poach (to cook in simmering liquid) for 15 minutes.
5. Remove from heat and unwrap the chicken breast from the foil and allow to cool.
6. **For the marinade**, blend yoghurt, salt, cream, red chilli powder, vinegar, and coriander powder together. Keep aside.
7. Marinate the chicken breasts with the prepared marinade and keep aside for 15 minutes.
8. Skewer the chicken breasts and cook in a tandoor for 5-10 minutes or until golden yellow.
9. Remove from the skewers and serve hot, accompanied by tandoori roti (see p. 398).



Sookhi Adraki Kebab

Ginger chicken kebabs

Ingredients:

Chicken breasts, cut into boneless cubes	1 kg / 2.2 lb
Green chilli paste	1 tbsp / 15 gm
White pepper (<i>safed mirch</i>) powder	2 tsp / 4 gm
Salt to taste	
Ginger (<i>adrak</i>) paste	¾ tbsp / 60 gm / 2 oz
Malt vinegar (<i>sirka</i>)	4 tsp / 20 ml
Yoghurt (<i>dahi</i>), drained	1 cup / 200 gm / 7 oz
Cream	4 tbsp / 80 ml / 2¾ fl oz
Butter for basting	
Ginger, julienned	2 tsp / 12 gm

Serves: 4

Method:

1. Clean the chicken cubes. Mix green chilli paste, white pepper powder, salt, ginger paste, and vinegar in a large bowl and rub on the chicken cubes. Keep aside for 30 minutes.
2. Mix yoghurt and cream in a separate bowl. Add the chicken cubes and keep aside for half an hour.
3. Skewer chicken cubes and roast in a preheated (180 °C / 350 °F) oven / tandoor / grill for 5-8 minutes. Hang the skewers to allow the excess marinade to drip off. Roast again for 4-5 minutes. Remove from skewers.
4. Serve hot, garnished with ginger.

Bharwan Tangri

Tandoori drumsticks stuffed with cottage cheese

Ingredients:

Chicken drumsticks	8
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Salt to taste	
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
For the filling:	
Cottage cheese (<i>paneer</i>), mashed	150 gm / 5 oz
Green chillies, finely chopped	4
Green coriander (<i>hara dhaniya</i>), finely chopped	1 tbsp / 4 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Yellow chilli powder	½ tsp / 1 gm
Cashew nuts (<i>kaju</i>), finely chopped	1 tbsp / 10 gm
Salt to taste	
For the coating:	
Cream	2 tbsp / 40 ml / 1¼ fl oz
Cheese, grated	1 tbsp / 15 gm / ½ oz
Cornflour	1 tbsp / 10 gm
Butter for basting	

Serves: 4

Method:

1. Clean the drumsticks. Make an incision along the lower half of the drumsticks, taking care not to cut through the other side. Carefully open the flap for the filling.
2. Mix white pepper, salt, ginger and garlic pastes; rub evenly over the drumsticks. Marinate for 30 minutes.
3. **For the filling**, mix cottage cheese, green chillies, green coriander, cumin powder, yellow chilli powder, cashew nuts, and salt together.
4. Put some filling into the flap of the marinated drumstick. Secure with a toothpick. Similarly, prepare the other drumsticks and refrigerate for 15 minutes.
5. **For the coating**, whisk the cream, cheese, and cornflour into a smooth paste. Coat each drumstick evenly with this paste.
6. Preheat oven / tandoor / grill to 180°C / 350°F. Skewer the drumsticks and roast for 8-10 minutes, basting occasionally with butter.
7. Remove skewers and hang for 3-4 minutes to let the excess marinade drip off.
8. Roast again for 3-4 minutes till golden. Serve hot with mint chutney (see p. 428) and salad.



Murg Paneer Tikka

Chicken tikka marinated in cottage cheese

Ingredients:

Chicken breasts, cut into boneless cubes	1 kg / 2.2 lb
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Salt to taste	
Cottage cheese (<i>paneer</i>), grated	150 gm / 5 oz
Cream	4 tbsp / 80 ml / 2¾ fl oz
Cornflour	1½ tbsp / 15 gm
Green chilli paste	2 tsp / 10 gm
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Butter for basting	

Method:

1. Marinate the chicken in lemon juice, garlic paste, and salt mixture for 1 hour.
2. Mix cottage cheese, cream, cornflour, green chilli paste, white pepper powder, and green coriander in a bowl; whisk till smooth. Marinate the chicken in this mixture for at least 3 hours.
3. Skewer chicken 2 cm apart and roast in a preheated (180°C / 350°F) oven / tandoor / grill for 8-10 minutes. Baste with butter and roast for another 3 minutes or until golden in colour.
4. Garnish with tomato, onion, and cucumber slices and serve hot with mint chutney (see p. 428).

Serves: 4-6

Murg Malai Tikka

Creamy chicken tikka

Ingredients :

Chicken breasts, cut into boneless cubes	1 kg / 2.2 lb
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¼ oz
Salt to taste	
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Egg, whisked	1
Cheddar cheese, grated	½ cup / 60 gm / 2 oz
Green chillies, deseeded, finely chopped	8
Green coriander (<i>hara dhaniya</i>), finely chopped	1 cup / 25 gm
Mace-nutmeg (<i>javitri-jaiphal</i>) powder	½ tsp
Cornflour	1 tbsp / 10 gm
Cream	¾ cup / 150 ml / 5 fl oz
Vegetable oil / Butter for basting	

Method :

1. Rub garlic-ginger pastes, salt, and white pepper into the chicken cubes. Keep aside for 15 minutes.
2. Mix the remaining ingredients together (except oil / butter); coat the chicken with this prepared mixture. Marinate for at least 3 hours.
3. Skewer the chicken cubes 2 cm apart and roast in a preheated (140°C / 275°F) oven / grill / tandoor for 5-8 minutes. Hang the skewers for 3-5 minutes to allow the excess marinade to drip off; brush with oil and roast again for 3 minutes.
4. Garnish with green coriander, tomato slices, and lemon wedges and serve hot with mint chutney (see p. 428).

Serves: 4-6



Murg Ki Bari

A unique Nepalese preparation of chicken mince balls, cooked in mustard oil

Ingredients :

Chicken breasts, boneless, cubed	6
Star anise (<i>chakri phool</i>) powder	1 tsp / 1½ gm
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Soda bicarbonate	1 tsp / 6 gm
Red chilli powder	½ tsp / 1 gm
Salt to taste	
Mustard (<i>sarson</i>) oil	1 cup / 200 ml / 7 fl oz
Garlic (<i>lasan</i>) cloves	40
Green chillies, slit	15-20 / 25 gm

Method :

1. Blend the chicken in a high-speed blender for about 2 minutes or until it becomes a purée. Add star anise powder, cumin powder, soda bicarbonate, red chilli powder, and salt and blend for another 30 seconds. Remove the mixture and make balls about the size of a golf ball each, using water or mustard oil on your hands to avoid the mixture from sticking.
2. Heat the mustard oil until it starts smoking; reduce heat to medium and gently lower the chicken balls and fry until golden. Remove with a slotted spoon and keep aside. Cut a cross on one side of the fried balls with a sharp knife going half way down the ball.
3. Ten minutes before serving, heat the oil once again and add the garlic and green chillies and fry for 1 minute. Then add the fried chicken balls and with a spoon, pour the hot oil over them until the cut opens up like petals. Fry until they are golden brown all over. Serve in the frying pan with the oil.

Serves: 4-6

Reshmi Kebab Zafrani

Minced chicken kebabs on skewers

Ingredients:

Chicken, minced	1 kg / 2.2 lb
Eggs, whisked	2
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Yellow chilli powder	1 tsp / 2 gm
White pepper (<i>safed mirch</i>) powder	½ tsp / 1 gm
Salt to taste	
Cashew nut (<i>kaju</i>) paste	3 tbsp / 45 gm / 1½ oz
Ginger (<i>adrak</i>) paste	4 tsp / 24 gm
Onion paste	4 tsp / 24 gm
Garam masala	1 tsp / 2 gm
Saffron (<i>kesar</i>), soaked in 2 tbsp warm milk	a pinch
Green coriander (<i>hara dhaniya</i>), chopped	5 tbsp / 20 gm
Processed cheese, grated	100 gm / 3¼ oz
Vegetable oil	4 tsp / 20 ml

Method:

1. Mix the chicken mince with all the ingredients except oil and keep aside for 30 minutes.
2. Shape the chicken mince mixture along the length of the skewers to shape into kebabs.
3. Cook in a tandoor for 6-8 minutes. Remove from tandoor, baste with oil and cook further for another 5 minutes or until brown.
4. Remove from skewers and serve hot.

Serves: 4



Honey Chicken Tikka

Ingredients:

Chicken breasts, cleaned, deboned, cut into 2" strips	1 kg / 2.2 lb
Lemon (<i>nimbu</i>) juice	½ cup / 100 ml / 3½ fl oz
Honey	½ cup / 100 ml / 3½ fl oz
Red chilli powder	1 tbsp / 5 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
White pepper (<i>safed mirch</i>) powder	½ tsp / 1 gm
Nutmeg (<i>jaiphal</i>) powder	½ tsp / 1 gm
Red food colour	a pinch
Salt to taste	
Mustard (<i>sarson</i>) oil	2 tbsp / 30 ml / 1 fl oz

Method:

1. Combine all the ingredients, except oil, in a large bowl. Coat the chicken strips evenly and leave to marinate for 3 hours.
2. Skewer the chicken strips 2 cm apart and grill / bake / roast in a charcoal grill / oven / tandoor for 8-10 minutes, basting occasionally with mustard oil. Serve hot, garnished with onion rings and tomato slices.

Serves: 5

Haryali Tangri Kebab

Mint and coriander-flavoured kebabs

Ingredients:

Chicken drumsticks	12
Ginger (<i>adrak</i>) paste	4 tsp / 24 gm
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Salt to taste	
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Yoghurt (<i>dahi</i>), hung	½ cup / 100 gm / 3¼ oz
Mint (<i>pudina</i>), finely chopped	1 cup / 25 gm
Green coriander (<i>hara dhaniya</i>), finely chopped	1 cup / 25 gm
Garam masala	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Cumin (<i>jeera</i>) powder	1 tsp / 3 gm
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Dry fenugreek (<i>kasoori methi</i>) powder	1 tsp / ½ gm
Green chillies, finely chopped	1 tbsp
Butter for basting	

Method:

1. Marinate the chicken drumsticks with ginger paste, garlic paste, salt, and lemon juice. Keep aside for 30 minutes.
2. Mix the remaining ingredients except butter and marinate the drumsticks with the prepared mixture. Keep aside for 2½ hours.
3. Skewer the drumsticks and cook in a tandoor/ grill / oven for 8-10 minutes.
4. Remove from tandoor / grill / oven, baste with butter and cook further for 5 minutes or until done.
5. Remove from skewers and serve hot.

Serves: 4



Sarson Ke Tikke

Mustard-flavoured roasted chicken cubes

Ingredients:

Chicken drumsticks, boneless, cut into pieces	900 gm / 2 lb
Lemon (<i>nimbu</i>) juice	½ cup / 100 ml / 3½ fl oz
Salt to taste	
Ginger-garlic (<i>adrak-lasan</i>) paste	4 tbsp / 72 gm / 2½ oz
Green coriander (<i>hara dhaniya</i>), chopped	4 cups / 100 gm / 3¼ oz
Garlic, chopped	5 tbsp / 60 gm / 2 oz
Green chillies, chopped	3 tbsp
Yellow chilli paste	1 tbsp / 15 gm
Mustard (<i>sarson</i>) paste	3 tbsp / 45 gm / 1½ oz
Mustard oil	½ cup / 100 ml / 3½ fl oz
Gram flour (<i>besan</i>)	6 tbsp / 60 gm / 2 oz
Garam masala	2 tsp / 4 gm
Butter	3 tbsp / 60 gm / 2 oz

Method:

1. Apply lemon juice, salt, and ginger-garlic paste evenly on the chicken pieces.
2. Make a paste by blending together green coriander, garlic, and green chillies. To this add all the other ingredients except butter.
3. Squeeze the chicken pieces and add to the prepared paste. Mix well and keep aside for 3-4 hours.
4. Skewer the chicken pieces and cook in a tandoor or charcoal grill for 10 minutes.
5. Remove, baste with butter and cook further until done.
6. Remove from skewers and serve hot.

Serves: 4

Kozi Porichathu

Fried chicken with coconut

Ingredients:

Chicken, pieces	800 gm / 28 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Cinnamon (<i>dalchini</i>), 1" sticks	2
Aniseed (<i>saunf</i>)	2 tsp / 4 gm
Garlic (<i>lasan</i>) cloves, chopped	3 tbsp / 36 gm / 1¼ oz
Madras onions, chopped	250 gm / 9 oz
Tomatoes, medium-sized, chopped	4
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder	2½ tsp / 5 gm
Water	4 tbsp / 60 ml / 2 fl oz
Salt to taste	
Coconut (<i>nariyal</i>), grated	1
Ginger (<i>adrak</i>), julienned	½ tsp / 3 gm

Method:

1. Heat the oil in a wok (*kadhai*); add cinnamon sticks, aniseed, and garlic. Sauté for a few seconds.
2. Add the Madras onions, tomatoes, and chicken. Sauté for 10 minutes.
3. Add the turmeric powder, red chilli powder, water, and salt; mix well.
4. Cook the chicken till ¾th done. Add the coconut and ginger and cook till the chicken is tender.
5. Serve hot.

Serves: 3-4



Dahi Murg Tikka

Grilled chicken cubes marinated with yoghurt

Ingredients:

Chicken breasts, cut into boneless cubes	4
Yoghurt (<i>dahi</i>)	¾ cup / 150 gm / 5 oz
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Ginger (<i>adrak</i>), finely chopped	1½ tsp / 9 gm
Onion, small, grated	1
Red chilli powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tbsp / 4½ gm
Salt to taste	
Butter for basting	

Serves: 3-4

Method:

1. Combine yoghurt, garlic paste, ginger, onion, red chilli powder, coriander powder, and salt together in a bowl; mix well. Add chicken cubes to the marinade and coat evenly. Cover the bowl and refrigerate for at least 6 hours or overnight.
2. Skewer the chicken cubes. Roast in a preheated oven / grill / tandoor, turning the cubes occasionally, for 8-10 minutes or until cooked thoroughly, basting at least once.
3. Remove the cubes from the skewers and place on a warmed serving dish. Garnish with onion rings, tomato slices, and green coriander. Serve at once.

Chicken Seekh Kebab

Ingredients:

Chicken, minced	1 kg / 2.2 lb
Eggs	2
Cumin (<i>jeera</i>) powder	1 tbsp / 4½ gm
Yellow chilli powder	1 tsp / 2 gm
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Salt to taste	
Vegetable oil	4 tsp / 20 ml
Cashew nuts (<i>kaju</i>), pounded	4 tbsp / 60 gm / 2 oz
Ginger (<i>adrak</i>), finely chopped	2 tbsp / 48 gm / 1¾ oz
Onions, chopped	4 tsp / 24 gm
Green coriander (<i>hara dhaniya</i>), finely chopped	5 tbsp / 20 gm
Garam masala	1 tsp / 2 gm
Vegetable oil for basting	
Butter (unsalted) for brushing	

Method:

1. Whisk the eggs, add cumin powder, yellow chilli powder, white pepper powder, salt, and oil. Add to the mince and mix well. Keep aside for 10 minutes.
2. Add cashew nuts, ginger, onions, green coriander, and garam masala. Mix well. Divide into 10 equal portions.
3. With wet hands, wrap two portions along each skewer. Keep 2" between each portion. Prepare 5 skewers like this.
4. Roast in a moderately hot tandoor or charcoal grill for about 6 minutes until golden brown in colour, or roast in a preheated oven at 150°C / 300°F for 8 minutes, basting with oil just once.
5. Remove from skewers and brush with butter.
6. Serve hot, garnished with onion rings and lemon wedges.

Serves: 4



Murg Pakora

Batter-fried chicken

Ingredients:

Chicken, cut into 8 pieces	750 gm / 26 oz
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Ginger-garlic (<i>adrak-lasan</i>) paste	1 tsp / 6 gm
Salt to taste	
Red chilli powder	½ tsp / 1 gm
For the batter:	
Egg	1
Gram flour (<i>besan</i>)	5 tbsp / 50 gm / 1¾ oz
Refined flour (<i>maida</i>)	1 tbsp / 15 gm
Salt and black pepper (<i>kali mirch</i>) to taste	
Vegetable oil for deep-frying	
<i>Chaat</i> masala	½ tsp / 1 gm

Serves: 4

Method:

1. Make deep incisions on the chicken pieces.
2. Marinate the chicken with lemon juice, ginger-garlic paste, salt, and red chilli powder for about 30 minutes.
3. **For the batter**, mix all the ingredients together in a blender.
4. Heat the oil in a wok (*kadhai*); dip the marinated chicken in the batter and then lower gently in the hot oil. Deep-fry on medium heat till light brown. Remove with a slotted spoon, prick each piece with a fork and keep aside for 10 minutes.
5. Fry the pieces again till golden brown. Remove and drain the excess oil on absorbent paper towels.
6. Sprinkle *chaat* masala before serving.

Murg Dhaniya

Slow-cooked coriander chicken

Ingredients:

Chicken, skinned, cut into 8 pieces	700 gm / 25 oz
Yoghurt (<i>dahi</i>), whisked	1 cup / 100 gm / 3½ oz
Salt to taste	
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Green cardamom (<i>choti elaichi</i>)	5
Cloves (<i>laung</i>)	10
Cinnamon (<i>dalchini</i>), 1" stick	1
Onions, thinly sliced	1½ cups / 180 gm / 6 oz
Garlic (<i>lasan</i>), chopped	4 tsp / 12 gm
Ginger (<i>adrak</i>), chopped	4 tsp / 24 gm
Green chillies, finely sliced	6 / 18 gm
Red chilli powder	1 tsp / 2 gm
Tomatoes, chopped	1 cup
Green coriander (<i>hara dhaniya</i>), chopped	1½ cups / 36 gm / 1¾ oz
Ginger (<i>adrak</i>), julienned	4 tsp / 24 gm

Method:

1. Marinate the chicken pieces in the yoghurt and salt for 1 hour.
2. Heat the ghee / oil in a pan; add green cardamom, cloves, and cinnamon stick. Fry until they crackle. Add the onions and sauté until golden brown. Add garlic, ginger, and green chillies. Cook and stir until the water evaporates. Add the red chilli powder and tomatoes. Cook until the masala is well blended and the ghee / oil comes to the surface.
3. Add the marinated chicken pieces. Stir until the yoghurt is absorbed. Add 1 cup of water and bring to the boil. Simmer until the chicken is tender.
4. Sprinkle green coriander and ginger and seal the pan tightly. Cook on *dum* (see p. 520) for 10 minutes.

Serves: 4



Khatta Murg

Tangy chicken

Ingredients:

Chicken, deboned	1 kg / 2.2 lb
For the marinade:	
Yoghurt (<i>dahi</i>)	1¼ cups / 250 gm / 9 oz
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Green chillies, chopped	3
Almond (<i>badaam</i>) paste	3 tbsp / 45 gm / 1½ oz
Onions, cut into rings	¾ cup / 150 gm / 5 oz
Capsicum (<i>Shimla mirch</i>), cut into rings	100 gm / 3¼ oz
White butter	2½ tbsp / 50 gm / 1¾ oz
Saffron (<i>kesar</i>), dissolved in 1 tbsp milk	a pinch
Salt to taste	

Method:

1. **For the marinade**, mix all the ingredients and rub into the chicken. Keep aside for 2 hours.
2. Place the chicken without overlapping in a greased, ovenproof shallow dish. Arrange onion and capsicum rings over the chicken and pour the leftover marinade, evenly.
3. Dot with white butter and roast in a preheated oven (150°C / 300°F) for about 20 minutes.
4. Remove the dish from the oven, sprinkle saffron, cover the dish and return back to the oven. Simmer for about 10 minutes more.
5. Uncover the dish, wipe the edges and simmer again for about 10 minutes. Serve hot with mint chutney (see p. 428).

Serves: 4

Balti Murg

Chicken flavoured with onion seeds

Ingredients:

Chicken breasts, cleaned, cut into small pieces	500 gm / 1.1 lb
Corn oil	4-5 tbsp / 60-75 ml / 2-2½ fl oz
Onions, sliced	2
Onion seeds (<i>kalonji</i>)	½ tsp / ¼ gm
Curry leaves (<i>kadhi patta</i>)	5
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Red chilli powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt	1 tsp / 4 gm
Fenugreek (<i>methi</i>) leaves, chopped	1½ tbsp / 3 gm
Red pepper, large, cored, deseeded, cut into slices	2
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Cream, fresh	1 tbsp / 20 ml

Method:

1. Heat the oil in a heavy-bottomed pan; add onions, onion seeds, and curry leaves; sauté for 2-3 minutes. Lower heat and add coriander powder, garlic paste, red chilli powder, turmeric powder, salt, and the chicken. Stir-fry for 10-12 minutes.
2. Add fenugreek leaves and red pepper; mix well. Cook for 5-6 minutes then add lemon juice; cook till the chicken is tender.
3. Serve hot garnished with cream.

Serves: 4



Murg Nargisi

Fried chicken kebabs

Ingredients:

Chicken, boneless, cleaned	750 gm / 26 oz
Grind to a smooth paste:	
Onion, sliced	1
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm
Green chillies, fresh	2
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Salt	2 tsp / 8 gm
Black pepper (<i>kali mirch</i>) powder	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Cheese spread	2 tbsp / 30 gm / 1 oz
Eggs, beaten	2
Breadcrumbs	3 tbsp / 45 gm / 1½ oz
Vegetable oil	1 cup / 200 ml / 7 fl oz

Method:

1. Boil the chicken till tender and then mince it in the grinder and keep aside.
2. Mix the minced chicken with the spice paste. Divide the mixture equally into lemon-sized balls. Flatten them to 2"-long kebab. Keep aside.
3. Dip the kebab in the egg and then coat with breadcrumbs. Keep aside.
4. Heat the oil in a pan; fry the kebabs, a few at a time, for about one minute turning them gently with a slotted spoon till golden brown. Remove and drain the excess oil on absorbent paper towels.
5. Serve hot with mint chutney (see p. 428).

Serves: 4

Murg Chaat

Chicken salad

Ingredients:

Chicken breasts, large, boiled, cubed, washed	2
Tomato, small, pulp removed, cubed	1
Capsicum (<i>Shimla mirch</i>), deseeded, cut into small cubes	½
Spring onions without the greens, tender, cut into rings	2
Chaat masala	1 tsp / 2 gm
Black salt (<i>kala namak</i>)	½ tsp / 1 gm
Powdered sugar	¼ tsp
Salt and black pepper (<i>kali mirch</i>) to taste	
Juice of lemon (<i>nimbu</i>)	1

Method:

1. Boil the chicken with ½ tsp salt and ½ cup water till tender or pressure cook to give a whistle.
2. Mix the chicken and the vegetables in a bowl. Sprinkle all the dry ingredients.
3. Add lemon juice and toss well.
4. Cover and refrigerate till chilled.
5. Serve on a bed of lettuce or cabbage.

Note: If the chaat is not covered, the chicken will harden.

Serves: 4



Tandoori Murg

Tandoori chicken

Ingredients:

Chicken, cut into 4 pieces, washed, pat dried	1 (750 gm / 26 oz)
For the first marinade:	
Lemon (<i>nimbu</i>) juice	1½ tbsp / 22 ml
Red chill powder	1 tsp / 2 gm
Salt to taste	
For the second marinade:	
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3¼ oz
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Ginger (<i>adrak</i>) paste	1 tbsp / 18 gm
Black salt (<i>kala namak</i>)	½ tsp / 1 gm
Garam masala	1 tsp / 2 gm
Red colour	a few drops
Salt to taste	

Dry fenugreek leaves (<i>kasoori methi</i>), powdered	½ tsp
Onions, cut into rings	2
Lemon, cut into wedges	1

Method:

1. Make 2 deep incisions each on the breasts, thighs, and drumsticks.
2. **For the first marinade**, mix all the ingredients and rub over the chicken pieces and also inside the incisions. Keep aside for 1 hour.
3. **For the second marinade**, mix all the ingredients in a bowl and rub into the chicken pieces; keep aside for 3-4 hours to marinate.
4. Preheat the oven at 180°C / 350°F. Place the chicken on the grill rack or wire rack (place a tray underneath to collect the drippings) and grill for 8-10 minutes. Brush the pieces with oil, turn them around and grill for 8-10 minutes more till the chicken is dry and cooked. Remove from oven, sprinkle dry fenugreek powder and serve with onion rings and lemon wedges.

Serves: 4

Khusroe-e-Tursh

Chicken breasts stuffed with cottage cheese

Ingredients:

Chicken breasts, boneless	10
For the filling:	
Cottage cheese (<i>paneer</i>)	250 gm / 9 oz
Ginger (<i>adrak</i>), 1" piece, ground	1
Garlic (<i>lasan</i>) cloves, ground	6
Black cumin (<i>shahi jeera</i>) seeds, powdered	2 tsp
Onions, sliced	¾ cup / 200 gm / 7 oz
Capsicum (<i>Shimla mirch</i>), shredded	75 gm / 2½ oz
Mint (<i>pudina</i>) leaves	10
Yoghurt (<i>dahi</i>), hung for 2 hours	250 gm / 9 oz
Almond (<i>badaam</i>) paste	4 tbsp / 60 gm / 2 oz
Saffron (<i>kesar</i>)	a few strands
Garam masala	1 tsp / 2 gm
Cream	1¼ cups / 250 ml / 8 fl oz
Ghee	1¼ cups / 250 gm / 9 oz
Salt to taste	
Green chillies	3

Method:

1. Make a pocket on the side of each chicken breast.
2. **For the filling**, mash the cottage cheese and mix in the remaining ingredients.
3. Stuff this filling in the chicken pockets.
4. Mix the almond paste, saffron, garam masala, and cream together.
5. Heat the ghee in a pan; add the stuffed chicken breasts, almond mixture, salt, and green chillies. Cook on *dum* (see p. 520) for about 15-20 minutes.
6. Serve hot with a dash of lemon juice.

Serves: 10



Lagan Na Chicken Farcha

Chicken deep-fried with egg – Parsi style

Ingredients:

Chicken, with skin, cut into 4-5 pieces	1 kg / 2.2 lb
Salt to taste	
Grind to a paste with 4 tsp vinegar:	
Garlic (<i>lasan</i>) cloves	6-8
Cumin (<i>jeera</i>) seeds	1¼ tsp / 2½ gm
Dry red chillies (<i>sookhi lal mirch</i>)	8-10
Breadcrumbs	½ cup / 60 gm / 2 oz
Eggs	2
Vegetable oil for deep-frying	

Method:

1. Boil the chicken with water to cover. Add 1¼ tsp salt; simmer till tender. Keep aside to cool. Prick the pieces with a fork.
2. Add a little salt to the chilli paste, rub over the chicken and keep aside for 4 hours.
3. Coat each piece, on all sides, with breadcrumbs.
4. Heat the oil in a frying pan. Beat the eggs with 1 tsp water till frothy. Dip the chicken into the egg and slide it in the hot oil. Immediately trickle 1 tsp egg over the chicken, simultaneously spooning the hot oil over the egg as it falls on the chicken.
5. Add 4 tsp of beaten egg in the same way. When the egg is golden brown and frilly, remove and keep aside. (Do not turn the chicken over while cooking.) Repeat till all are done. Serve hot.

Serves: 6

Badaami Murg

Parsi chicken flavoured with almonds

Ingredients:

Chicken, cut into pieces 1½ kg / 3.3 lb

For the marinade:

Almond (*badaam*) paste (powdered almonds can also be used if available) 5 tbsp / 75 gm / 2½ oz

Yoghurt (*dahi*), hung for 2 hours 1 cup / 200 gm / 7 oz

Ginger (*adrak*) paste 4 tsp / 24 gm / ¾ oz

Garlic (*lasan*) paste 4 tsp / 24 gm / ¾ oz

Salt to taste

Black pepper (*kali mirch*) powder 1 tsp / 2 gm

Lemon (*nimbu*) juice 2 tbsp / 30 ml / 1 fl oz

Green chillies, chopped 4

Vegetable oil 2 tbsp / 30 ml / 1 fl oz

Onions, finely sliced 1 cup / 120 gm / 4 oz

Cumin (*jeera*) seeds 1 tsp / 2 gm

Capsicum (*Shimla mirch*), optional 100 gm / 3¼ oz

Butter, preferably white 4 tbsp / 80 gm / 2¾ oz

Saffron (*kesar*), dissolved in water a few strands

Green coriander (*hara dhaniya*), finely chopped 1 tbsp / 4 gm

Green chillies, finely chopped 2

Method:

1. Mix all the ingredients for the marinade. Rub the paste on the chicken and marinate for 4 hours.
2. Heat the oil in a pan; add the onions and cumin seeds; sauté till light brown. Add the chicken without the marinade and sauté till pale brown.
3. Now add the rest of the marinade. When the chicken is half done, add the capsicum (optional) and the butter. When the chicken is nearly done, add the saffron water and cook, covered, till done.
4. Serve hot garnished with green coriander and green chillies.

Serves: 6-8



Aleti Paleti

Spicy chicken liver – Parsi style

Ingredients:

Chicken liver and gizzard, cleaned, cut into ½" pieces 500 gm / 1.1 lb

Vegetable oil as required

Onions, chopped 2

Cumin (*jeera*) seeds 1 tsp / 2 gm

Green chillies, slit 2

Ginger-garlic (*adrak-lasan*) paste 1 tsp / 6 gm

Salt to taste

Tomatoes, chopped 1 tbsp / 15 gm

Jaggery (*gur*), chopped 1 tbsp / 20 gm

Green coriander (*hara dhaniya*), chopped 1 tbsp / 4 gm

Method:

1. Heat the oil in a wok (*kadhai*); add the onions and sauté until brown. Add the cumin seeds, green chillies, and ginger-garlic paste; sauté for a minute.
2. Add liver, gizzard, and salt; sauté until the liver is cooked. Remove only the liver from the wok and keep aside.
3. Cook the gizzard a little more with water and then add the liver again.
4. Add the tomatoes and jaggery; cook until the mixture is absolutely dry.
5. Serve hot garnished with green coriander.

Serves: 6-7

Sekwa Chara

Nepalese smoked chicken cooked with spices

Ingredients:

Chicken broiler, cut into 6-8 pieces 1 kg / 2.2 lb

Grind together:

Onions	2
Garlic (<i>lasan</i>)	2 tsp / 12 gm
Ginger (<i>adrak</i>)	1 tsp / 6 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) seeds	2 tsp / 4 gm

Salt to taste

Yoghurt (<i>dahi</i>), thick	½ cup / 100 gm / 3¼ oz
Garam masala	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	2 tsp / 4 gm
Tomatoes, medium-sized, pulped	2
Mustard (<i>sarson</i>) oil	½ cup / 100 ml / 3½ fl oz
Ghee	1 cup / 200 gm / 7 oz
Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml

Method:

1. Wash the chicken pieces well. Make light cuts (about 4 cm) with a sharp knife on each piece. Pat the pieces dry and keep aside.
2. Mix the ground spices with salt, yoghurt, all the dry spices, tomato pulp (liquid discarded), mustard oil, and ghee.
3. Marinate the chicken in this mixture for an hour.
4. Preheat a gas tandoor or a barbecue rack with coal underneath. Roast the chicken pieces, turning frequently and basting with the leftover marinade.
5. When done, the chicken should be dry but avoid scorching it. Serve hot.

Serves: 4-6



Sabut Murg

A dry Rajasthani chicken preparation

Ingredients:

Chicken, medium-sized, cleaned	1
Vegetable oil	¾ cup / 150 ml / 5 fl oz
Onions, finely sliced	2
Garlic (<i>lasan</i>) pods, ground to a paste	1½
Ginger (<i>adrak</i>), 2" piece, ground to a paste	1
Red chilli powder	4 tsp / 8 gm
Coriander (<i>dhaniya</i>) powder	4 tsp / 6 gm
Salt to taste	
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm

Serves: 4

Method:

1. Prick the chicken all over with a fork.
2. Heat the oil in a pan; fry the onions till they become brown.
3. Add the ginger-garlic pastes and fry till the oil separates.
4. Add all the dry spices and the chicken. Stir-fry the chicken for a few minutes.
5. Cook covered on low heat, till the chicken is fully done. Add a little water if required, to avoid the chicken from sticking to the bottom of the pan.
6. Once the chicken is done, cook uncovered to dry the excess liquid. Serve hot.

Chara Sandheko

Nepalese cold pickled chicken

Ingredients:

Chicken, cleaned, cut into 8 pieces	1
Onion, medium-sized, chopped	1
Garlic (<i>lasan</i>) cloves	4
Ginger (<i>adrak</i>), 1" piece, chopped	1
Cinnamon (<i>dalchini</i>), 1" stick	1
Cloves (<i>laung</i>)	5
Green cardamom (<i>choti elaichi</i>)	4
Salt to taste	
Sesame (<i>til</i>) seeds	4 tsp / 12 gm
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Dry red chillies (<i>sookhi lal mirch</i>)	4-5
Garlic cloves	10
Ginger, 1" pieces	2
Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml
Salt to taste	
For the tempering:	
Mustard (<i>sarson</i>) oil	4 tsp / 20 ml
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 3 gm
<i>Jimmu</i> (see p. 9), optional	½ tsp / 3 gm
Green chillies, slit, deseeded	4
Green coriander (<i>hara dhaniya</i>)	1 tbsp / 4 gm

Method:

1. Boil the chicken with onion, garlic, ginger, cinnamon, cloves, green cardamom, and salt till it is well done and the liquid dries up. Keep aside to cool.
2. Separate the flesh from the bone and slice into 2"-long and ½"-thick pieces. Keep aside.
3. Dry roast the sesame seeds, cumin seeds, and dry red chillies on a griddle (*tawa*). Grind to a paste with a little water.
4. Dry roast garlic and ginger until soft. Slice into thin strips and put aside.
5. Add the ground spice paste (step 3), ginger, garlic, lemon juice, and a little salt to the chicken; mix well.
6. **For the tempering**, heat the oil till it is smoking hot. Lower heat and add the fenugreek seeds, *jimmu*, and green chillies. Pour this over the chicken and mix well. Garnish with green coriander and serve cold as a snack or as a side dish.

Serves: 4-6



Degchi Soola Murg

Smoked chicken – a Rajasthani preparation

Ingredients:

Chicken, cut into pieces	1 kg / 2.2 lb
Yoghurt (<i>dahi</i>), beaten	1¼ cups / 250 gm / 9 oz
<i>Kachri</i> powder (see p. 9)	2 tbsp / 30 gm / 1 oz
Salt to taste	
Garlic (<i>lasan</i>) paste	4 tbsp / 70 gm / 2½ oz
Red chilli powder	3 tbsp
Vegetable oil	1¼ cups / 250 ml / 8 fl oz
Water	2-3 tbsp / 30-45 ml / 1-1½ fl oz

Serves: 2-4

Method:

1. Marinate the chicken with yoghurt, *kachri* powder, and salt. Keep aside for 1-2 hours.
2. Mix the chicken, garlic paste, red chilli powder, and oil together. Transfer to a pan and cook on low heat adding water, gradually, at intervals, till the chicken becomes tender.
3. Transfer to a heat-proof dish. Smoke (see p. 520) with ghee and cloves for a few minutes and then serve immediately.

Murg Ki Mokul

Spicy shredded chicken – Rajasthani style

Ingredients:

Chicken, cut into pieces	1 kg / 2.2 lb
Ghee	1¼ cups / 250 gm / 9 oz
Onions, large, chopped	4
Ginger (<i>adrak</i>), ground	1 tsp / 6 gm
Garlic (<i>lasan</i>), ground	1 tsp / 6 gm
Cumin (<i>jeera</i>) seeds, ground	1 tsp / 2 gm
Red chilli powder	2 tsp / 4 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Yoghurt (<i>dahi</i>)	1¼ cups / 250 gm / 9 oz
Almonds (<i>badaam</i>), blanched, ground	10
Coconut (<i>nariyal</i>), desiccated	1 tbsp / 4 gm
Salt to taste	
Green cardamom (<i>choti elaichi</i>), powdered	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Green chillies, slit	4
Rose water (<i>gulab jal</i>)	1 tbsp / 15 ml

Method:

1. Boil the chicken for 15 minutes and keep aside to cool. Debone and shred it. Keep aside.
2. Heat the ghee in a pan; fry the onions till light brown. Add ginger, garlic, cumin seeds, red chilli powder and coriander powder. Cook till the oil separates, stirring briskly.
3. Add the yoghurt, almonds, coconut, and chicken. Cook on low heat, until the gravy thickens.
4. Mix in the salt and cardamom powder. Garnish with green coriander and green chillies; sprinkle rose water just before serving.

Serves: 4-6



Chicken Farcha

An easily made chicken snack

Ingredients:

Chicken, cut into 8 pieces	1 kg / 2.2 lb
For the marinade:	
Onion paste	1 cup / 300 gm / 11 oz
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Ginger (<i>adrak</i>) paste	1 tbsp / 18 gm
Green chilli paste	1 tbsp / 15 gm
Garam masala	1 tbsp
Vinegar (<i>sirka</i>)	2 tbsp / 30 ml / 1fl oz
Salt to taste	
For the batter:	
Vegetable oil for deep-frying	
Eggs, beaten	2
Refined flour (<i>maida</i>)	1 cup / 100 gm / 3¼ oz
Onion, sliced	1 tbsp / 12 gm
Green coriander (<i>hara dhaniya</i>)	2 tbsp / 8 gm
Mint (<i>pudina</i>) leaves	1 tbsp / 4 gm

Method:

1. For the **marinade**, mix all the ingredients together and marinate the chicken for an hour.
2. Heat the oil till medium hot in a wok (*kadhai*); dip the chicken first in the beaten egg, then roll over the flour and deep-fry till golden. Remove and drain the excess oil.
3. Serve hot garnished with onion, green coriander and mint leaves.

Serves: 4-6

Murg Shakootee

Spicy chicken in a thick gravy

Ingredients:

Chicken, skinned, cut into 10 pieces 1.5 kg / 3.3 lb

For the spice paste:

Dry red chillies (<i>sookhi lal mirch</i>), soaked in hot water for 10 minutes	10 / 5 gm
Coriander (<i>dhaniya</i>) powder	1 tbsp / 4½ gm
Cumin (<i>jeera</i>) seeds	1½ tsp / 3 gm
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
Black peppercorns (<i>sabut kali mirch</i>)	10
Poppy seeds (<i>khus khus</i>)	3 tsp / 6 gm
Coconut (<i>nariyal</i>), finely grated	½ cup / 60 gm / 2 oz
Onions, sliced	¾ cup / 90 gm / 3 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Green cardamom (<i>choti elaichi</i>) powder	½ tsp / 1 gm
Clove (<i>laung</i>) powder	½ tsp / 1 gm
Cinnamon (<i>dalchini</i>) powder	½ tsp / 1 gm

Ghee / Vegetable oil	½ cup / 100 gm / 3½ gm
Garlic (<i>lasan</i>) paste	2½ tsp / 15 gm
Ginger (<i>adrak</i>) paste	2½ tsp / 15 gm
Salt to taste	
Lemon (<i>nimbu</i>) juice	½ cup / 100 ml / 3½ fl oz

Method:

1. Dry roast each ingredient for the spice paste separately until brown. Blend to form a smooth paste, adding water if required.
2. Heat the ghee / oil in a heavy-bottomed pan; when hot, add the spice paste, garlic and ginger pastes. Fry, stirring, until the ghee / oil separates from the masala.
3. Add the chicken pieces and salt. Stir to mix well. Cook until the mixture is dry. Add water and cook covered, until the chicken becomes tender. Add the lemon juice and mix well. The gravy should be thick and dark in colour.

Serves: 6-8



Galinha Cafreal

Spicy fried / grilled chicken

Ingredients:

Chicken, legs and thighs 8-10 pieces / 1 kg / 2.2 lb

Grind to a smooth paste:

Onion, medium-sized, chopped	1
Ginger (<i>adrak</i>), minced	1½ tsp / 1½" piece
Garlic (<i>lasan</i>), minced	1½ tsp / 9 cloves
Green chillies, minced	3-4
Green coriander (<i>hara dhaniya</i>), chopped	½ cup / 7½ gm
Black pepper (<i>kali mirch</i>) powder	¼ tsp
Cumin (<i>jeera</i>) seeds, powdered	½ tsp / 1 gm
Garam masala	1 tsp / 2 gm
Salt	2 tsp / 8 gm
Lemon (<i>nimbu</i>) juice	3 tbsp / 45 ml / 1½ fl oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz

Method:

1. Prick the chicken pieces with a fork.
2. Marinate the chicken in the ground spice paste for at least 4 hours.
3. Heat the oil in a frying pan; sauté the chicken on high heat for 5 minutes, turning once. Lower heat, and cook covered till tender.
4. Retain some gravy, or if preferred, uncover the pan and fry the chicken until brown. Serve with grilled potatoes and tomatoes.
5. Alternatively, brush the marinated chicken with a little oil and grill or cook in a hot oven (200°C / 400°F) till tender and brown.
6. Serve with lemon wedges and a crisp salad.

Serves: 4

Stuffed Chicken Steaks

Ingredients:

Chicken necks, outer skin only without the centre neck bone, cleaned thoroughly
5 pieces or Chicken breasts, skinned and flattened with a steak hammer 5 pieces

For the filling:

Chicken, minced	900 gm / 2 lb
Aniseed (<i>saunf</i>) powder	1 tsp / 2 gm
Cheese, grated	5 tsp / 25 gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Butter for basting	½ cup / 100 gm / 3¼ oz
Cream	1 tbsp / 20 ml
Egg	1
Garam masala	2 tsp / 4 gm
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Green chilli paste	1½ tsp / 8 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tsp
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Nutmeg (<i>jaiphal</i>), grated	½
Onions, grated	¼ cup / 30 gm / 1 oz
Salt to taste	

Method:

1. For the filling, mix all the ingredients and refrigerate for 30 minutes.
2. Divide the mixture into 5 portions and make into balls for stuffing into the breast or neck.
3. Stuff each neck right through with a portion of the mixture and tie a thread on both ends of the stuffed necks. If using breasts, place each ball in the centre of the chicken breast, wrap, shape like a haggis (heart, lungs or liver of sheep) and tie with thread.
4. Heat the oven to 150°C / 300°F.
5. Grease the roasting tray; arrange the stuffed necks or stuffed chicken breasts on it and dot with a little butter. Roast for 30-40 minutes, turning constantly and basting with melted butter, until the skins are golden in colour.
6. Remove the threads, arrange the chicken on a serving platter and serve hot with a green salad.

Serves: 4-5



Murg Kalonji

Irani style chicken cooked with onion seeds

Ingredients:

Chicken, skinned, cut into 8 pieces	700 gm / 25 oz
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Onions, medium-sized, chopped, puréed	4
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Green chillies, evenly chopped	4 / 12 gm
Tomatoes, medium-sized, puréed	4
Yoghurt (<i>dahi</i>)	1 tbsp / 30 gm / 1 oz
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Onion (<i>kalonji</i>) seeds	1½ tsp / 2½ gm
Salt to taste	

Method:

1. Heat the ghee / oil in a pan; add onion purée and fry until translucent. Add the ginger and garlic pastes and green chillies. Fry until dark brown. Add the tomato paste and yoghurt and cook until a thick consistency is obtained.
2. Add the red chilli powder, turmeric powder, cumin powder, and coriander powder. Stir, add the chicken with the onion seeds, and salt. Stir for 2 minutes; add water and cook until the chicken is tender and the masala is thick.

Serves: 4-6

Chicken Kathi

Barbecued chicken rolled in an egg-coated paratha

Ingredients:

For the filling:

Chicken, boneless, cut into

5 cm pieces	500 gm / 1.1 lb
Onions, chopped	2 tbsp / 24 gm
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Ginger (<i>adrak</i>) paste	1 tbsp / 18 gm
Coriander (<i>dhaniya</i>) powder	1 tbsp / 4½ gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Garam masala	1 tsp / 2 gm
Green chillies, chopped	2 tsp
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Salt to taste	

For the salad filling:

Onions, large, finely sliced	2
Green coriander (<i>hara dhaniya</i>), finely chopped	1 cup / 25 gm
Green chillies, finely chopped	6-8
Tomatoes, medium-sized, chopped (optional)	4

For the paratha:

Refined flour (<i>maida</i>)	3 cups / 300 gm / 11 oz
Salt to taste	
Vegetable oil	3 tbsp / 45 ml / 1½ oz
Water to knead	
Vegetable oil for frying	
Eggs	12

Serves: 6-8

Method:

1. **For the filling**, mix all the ingredients and marinate for 2 hours. Skewer the kebabs and cook on the embers of charcoal fire or bake at 180°C / 350°F for 20 minutes or till done. The kebabs can also be fried.
2. **For the salad filling**, mix all the ingredients together in a bowl. Keep aside.
3. **For the paratha**, sieve the salt and refined flour and rub in the oil. Using sufficient water, knead gently to form a soft dough. Cover and keep aside for 30 minutes.
4. Divide the dough equally into 12 balls. Roll out each ball in approximately 18 cm or 20 cm rounds.
5. Heat a griddle (*tawa*) or a thick-bottomed frying pan and lay the round on it. When one side is slightly cooked, turn and cook the other side similarly. Add 1 tbsp oil on each side, spread evenly and lightly fry both sides. Break an egg over the paratha and spread it evenly. Pour a little oil on the egg and the sides. When the egg is done, remove and keep aside. Make similar paratha and keep aside.
6. To assemble the *kathi*, spread a sheet of greaseproof paper; put a paratha on it topped with chicken pieces and salad filling. Roll together and serve hot with *hare dhaniye ki chutney* (see p. 419) and mint chutney (see p. 428).

Variation: You can use lamb or cottage cheese instead of chicken.



Murg Pudina

Chicken à la mint

Ingredients:

Chicken, skinned, cut into 8 pieces	600-700 gm / 22-25 oz
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Ghee / Vegetable oil	1 cup / 200 gm / 7 oz
Salt to taste	
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Wholemilk fudge (<i>khoya</i>), liquidized	1 cup / 200 gm / 7 oz
Green chillies, pricked with a toothpick or fork	20 / 60 gm
Mint (<i>pudina</i>) leaves, chopped	1½ cups / 25 gm
Coconut milk	2 cups / 400 ml / 14 fl oz
Almonds (<i>badaam</i>), blanched, peeled, sliced, fried until light brown	60 / 48 gm / 1½ oz
Raisins (<i>kishmish</i>), soaked in water, sliced, fried for 2 minutes, drained and kept aside	90 / 48 gm / 1½ oz

Method:

1. Marinate the chicken pieces in ginger and garlic pastes for 45 minutes.
2. Heat the ghee / oil; add the chicken pieces with the marinade and fry until lightly browned. Add the salt, yoghurt and wholemilk fudge. Stir until the yoghurt dries up. Add the green chillies and mint leaves and stir. Pour in the coconut milk and cook on low heat until the chicken becomes tender and a thick gravy remains. Stir in the fried almonds and raisins.

Serves: 4



Sindhi Murg

Succulent chicken legs

Ingredients:

Chicken drumsticks	8
Yoghurt (<i>dahi</i>), whisked	¾ cup / 150 gm / 5 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	1 tsp / 2 gm
Garam masala	1 tsp / 2 gm
Salt to taste	
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Cloves (<i>laung</i>)	6
Black peppercorns (<i>sabut kali mirch</i>)	6
Poppy seeds (<i>khus khus</i>)	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) seeds	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Onions, medium-sized, chopped	4
Tomatoes, medium-sized, chopped	2
Mint (<i>pudina</i>) leaves	3 tbsp / 12 gm
Ginger (<i>adrak</i>), 1½" piece, chopped	1
Garlic (<i>lasan</i>) cloves, chopped	8

Method:

1. Marinate the chicken pieces in the yoghurt, turmeric powder, red chilli powder, garam masala, and salt for 1 hour.
2. Heat 2 tbsp of ghee / oil in a pan; add cloves, black peppercorns, poppy seeds, coriander seeds, and cumin seeds. Sauté until they crackle; add the onions and sauté until the onions are browned. Remove the pan from the heat and cool. Put the contents of the pan into a blender and make a paste with the tomatoes, mint leaves, ginger, and garlic. Blend until the mixture is smooth.
3. Heat the remaining ghee / oil; add the chicken along with the marinade. Cook until the water has evaporated and the chicken turns a light brown.
4. Add the onion paste and 1 cup of hot water. Bring to the boil. Cover the pan and simmer, stirring occasionally until tender.

Serves: 4

Chicken Spring Rolls

Ingredients:

For the filling:

Chicken, boneless, cut into ½" x ½" pieces	500 gm / 1.1 lb
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Ginger (<i>adrak</i>), chopped	1 tbsp / 24 gm
Onions, chopped	½ cup / 60 gm / 2 oz
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 tsp
Garam masala	2 tsp / 4 gm
Green chillies, chopped	2 tsp
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 4 gm
Cottage cheese (<i>paneer</i>), grated	60 gm / 2 oz
Salt to taste	

For the *roomali* roti:

Refined flour (<i>maida</i>)	2½ cups / 250 gm / 9 oz
Milk	1 cup / 200 ml / 7 fl oz
Sugar	½ tsp
Salt to taste	
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz
Eggs, beaten	2

Vegetable oil for

deep-frying	2½ cups / 500 ml / 16 fl oz
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Method:

1. For the filling, heat the oil in a pan; add ginger and onions and sauté on medium heat for 30 seconds.
2. Add the chicken, white pepper powder, garam masala, green chillies, and green coriander and cook on low heat, stirring occasionally. When the chicken is cooked, add the cottage cheese, salt, and lemon juice.
3. For the *roomali* roti, sieve the flour. Make a well in the centre and pour the milk, sugar, salt, oil, and eggs.
4. Mix gradually to make a soft dough. Cover with a moist cloth and keep aside for half an hour. Knead the dough again. Divide the dough equally into 6 balls, dust with flour, cover and keep aside for 15 minutes.
5. Flatten each ball between the palms and roll into thin 24 cm-discs or into 12"-rounds.
6. Preheat the oven to 180°C / 350°F and bake the rotis on a roasting tray for 3-4 minutes. Bake on both sides.
7. Cut each roti into 6 pieces. Stuff each roti piece with the stuffing; shape like a cigar and seal edges with water. Deep-fry 10 pieces at a time.
8. Serve accompanied by a green salad.

Serves: 4-5



Grilled Chicken Strips

Ingredients:

Chicken breasts, deboned, skinned, cut into strips (2" x 1")	1 kg / 2.2 lb
For the marinade:	
Vinegar (<i>sirka</i>)	3 tbsp / 45 ml / 1½ fl oz
Onion, medium-sized, finely chopped	1
Ginger (<i>adrak</i>), finely chopped	2 tsp / 12 gm
Garlic (<i>lasan</i>), finely chopped	1 tbsp / 12 gm
Cumin (<i>jeera</i>) powder	2 tbsp / 9 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Fennel (<i>saunf</i>) seeds	1 tbsp
Black cardamom (<i>badi elaichi</i>), ground	8
Cinnamon (<i>dalchini</i>), ground	1 tsp / 2 gm
Cloves (<i>laung</i>)	8
Black peppercorns (<i>sabut kali mirch</i>)	20
Red pepper / dry red chillies (<i>sookhi lal mirch</i>), whole	1 tsp
Salt to taste	
Tomato purée	1 tbsp / 15 ml

Method:

1. Blend the marinade ingredients into a smooth paste.
2. Place the chicken strips on a flat dish. Rub the marinade over them. Cover and refrigerate for 4-5 hours.
3. Grill the chicken strips in a tandoor for 8-10 minutes, basting twice, till lightly browned or preheat oven to 137°C / 275°F. Line a baking tray with aluminium foil; spread the chicken strips on the tray. Grill for 10 minutes, turn pieces over, grill for another 10 minutes until chicken is browned in spots. Grill in two batches.
4. Remove and serve on a warmed serving dish.

Serves: 3-4



Saag Murg

Chicken in a spinach purée

Ingredients:

Chicken, skinned, cut into pieces	1 kg / 2.2 lb
Spinach (<i>palak</i>), puréed	350 gm / 12 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Cinnamon (<i>dalchini</i>), 1" sticks	4
Bay leaves (<i>tej patta</i>)	2
Ginger-garlic paste	2 tbsp / 36 gm / 1¼ oz
Onion paste	1 cup / 300 gm / 11 oz
Red chilli powder	2 tsp / 4 gm
Tomatoes, chopped	180 gm / 6 oz
Maize flour (<i>makke ka atta</i>)	1 tsp
Water	2½ tbsp / 37 ml
Butter	½ cup / 100 gm / 3½ oz
Salt to taste	
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Ginger (<i>adrak</i>), julienned	2 tsp / 12 gm
Fenugreek (<i>methi</i>) powder	1 tsp / ½ gm
Dry red chillies (<i>sookhi lal mirch</i>), chopped for garnishing	

Method:

1. Heat the oil in a pan; add cinnamon sticks and bay leaves; sauté over medium heat until they begin to crackle.
2. Add ginger-garlic and onion pastes, and red chilli powder; sauté for 30-60 seconds.
3. Add tomatoes and sauté further for 1 minute.
4. Add the spinach purée, stir in maize flour mixed with water and cook over medium heat for 10-15 minutes, stirring occasionally.
5. In another pan, heat the butter and sauté the chicken until lightly browned.
6. Transfer the chicken pieces into the spinach purée. Add salt and white pepper powder, cover and simmer on very low heat (*dum*) for 10-15 minutes or till chicken is cooked.
7. Serve hot, garnished with ginger, fenugreek powder, and dry red chillies.

Serves: 4-5

Dum Ka Murg

Chicken cooked gently in its own juices

Ingredients:

Chicken, small, boneless cubes	1 kg / 2.2 lb
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Butter, unsalted	1 tbsp / 20 gm
Bay leaf (<i>tej patta</i>)	1
Cinnamon (<i>dalchini</i>), 1" sticks	5
Cloves (<i>laung</i>)	6
Green cardamom (<i>choti elaichi</i>)	10
Onions, grated	1½ cups / 180 gm / 6 oz
Ginger (<i>adrak</i>) paste	5 tsp / 30 gm / 1 oz
Garlic (<i>lasan</i>) paste	5 tsp / 30 gm / 1 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	2 tsp / 4 gm
Salt to taste	
Almond (<i>badaam</i>) paste	½ cup / 100 gm / 3½ oz
Cream	½ cup / 100 ml / 3½ fl oz
Green chillies, slit	6
Mace (<i>javitri</i>) powder	1 tsp / 2 gm
Vetivier (<i>kewda</i>) essence	3 drops
Mint (<i>pudina</i>) leaves	1 tbsp / 4 gm

Method:

1. Heat the oil and butter in a pan; crackle whole spices on medium heat. Add onions and sauté for a few minutes. Add ginger-garlic paste, turmeric powder, red chilli powder, salt, and almond paste; continue to cook on medium heat for 5-10 minutes or until the oil separates.
2. Stir in the chicken and cook for 10-15 minutes. Add remaining ingredients, cover and seal the lid with dough. Cook on low heat for 5-6 minutes or cook in a slow oven for 10 minutes.

Serves: 4-5



Kozi Khorma

Chicken flavoured with coconut

Ingredients:

Chicken, cut into pieces	1 kg / 2.2 lb
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Ginger-garlic (<i>adrak-lasan</i>), chopped	1 tsp / 6 gm
Coconut (<i>nariyal</i>), grated	½
Green chillies, chopped	10
Poppy seeds (<i>khus khus</i>)	1½ tsp / 3 gm
Bengal gram (<i>chana dal</i>)	1½ tsp
Aniseed (<i>saunf</i>)	1½ tsp / 2 gm
Star anise (<i>chakri phool</i>)	1
Cloves (<i>laung</i>)	3
Cinnamon (<i>dalchini</i>), 1" stick	1
Curry leaves (<i>kadhi patta</i>)	15
Onions, sliced	1 cup / 120 gm / 4 oz
Tomatoes, chopped	100 gm / 3¼ oz

Method:

1. Heat 1 tsp oil in a wok (*kadhai*); add ginger, garlic, coconut, and green chillies. Stir-fry for a while. Keep aside.
2. Dry roast the poppy seeds, Bengal gram, aniseed, and star anise. Grind the coconut mixture and spice mixture to a paste with a little water.
3. Heat the remaining oil in a separate wok. Add the cloves, cinnamon stick, curry leaves, and onions. Sauté till the onions turn light golden brown.
4. Add the chicken and poppy seed paste and mix for 5 minutes.
5. Now add a little water and the tomatoes. Cook for 10-15 minutes. Check for seasoning.
6. Serve hot with steamed rice.

Serves: 4

Methi Murg

Chicken flavoured with fenugreek

Ingredients:

Chicken, cut into 6 pieces each	2 small / 1 kg / 2.2 lb
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Salt to taste	
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz
Green cardamom (<i>choti elaichi</i>)	5
Cinnamon (<i>dalchini</i>), 1" stick	1
Cloves (<i>laung</i>)	8
Onions, chopped	1½ cups / 180 gm / 6 oz
Garlic (<i>lasan</i>), chopped	2 tbsp / 36 gm / 1¼ oz
Ginger (<i>adrak</i>), chopped	2 tbsp / 36 gm / 1¼ oz
Green chillies, slit	5
Red chilli powder	1 tsp / 2 gm
Tomatoes, chopped	240 gm / 9 oz
Dry fenugreek (<i>kasoori methi</i>) leaves	1 tbsp / 5 gm
or Fresh leaves	¼ cup / 7½ gm
Ginger, julienned	4 tsp / 24 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Dough to seal casserole	

Method:

1. Whisk the yoghurt and salt together; rub into the chicken and marinate for half an hour.
2. Meanwhile, heat the oil in a wok (*kadhai*); crackle green cardamom, cinnamon stick, and cloves. Add onions and sauté till golden brown. Stir in garlic, ginger, and green chillies. Add red chilli powder and tomatoes; cook till the oil comes to the surface.
3. Add the chicken with the marinade and 1 cup water. Bring to the boil, cover and simmer till the oil is visible on the sides once again and the chicken is tender.
4. Remove to an ovenproof casserole, sprinkle with fenugreek, ginger, and green coriander. Cover tightly and seal with dough. Put in a preheated oven and bake at 180°C / 350°F for 15 minutes.
5. Open the casserole and serve simmering hot with any Indian bread.

Serves: 4



Spring Onion Chicken Feast

Ingredients:

Chicken, cut into boneless cubes	800 gm / 28 oz
Mustard (<i>sarson</i>) oil	5 tbsp / 75 ml / 2½ fl oz
Onions, chopped	1 cup / 120 gm / 4 oz
Tomatoes, finely chopped	100 gm / 3½ oz
Mustard seeds (<i>rai</i>)	2 tsp / 6 gm
Red chilli powder to taste	
Salt to taste	
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Ginger-garlic (<i>adrak-lasan</i>) paste	3 tbsp / 54 gm / 1¼ oz
Spring onions (<i>hara pyaz</i>)	100 gm / 3½ oz

Serves: 4

Method:

1. Heat 2 tbsp oil in a wok (*kadhai*); sauté onions till transparent. Add tomatoes and cook for 10-15 minutes. Keep aside.
2. In a separate wok, heat the remaining oil. Add the mustard seeds and sauté till they crackle.
3. Stir in the onion-tomato mixture; cook for 3-4 minutes. Add the chicken, salt, cumin powder, and red chilli powder.
4. Cook for another 20 minutes on low heat, till the chicken is done.
5. Mix in the spring onions and cook for 2 minutes.
6. Remove from heat and serve hot.

Stir-Fried Chicken

Ingredients:

Chicken, washed, deboned, cut into 1½" cubes	1½ kg / 3.3 lb
Red chilli powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Vegetable oil	6 tbsp / 90 ml / 3 fl oz
Tamarind (<i>imli</i>)	1¼ tbsp / 25 gm
Curry leaves (<i>kadhi patta</i>)	12
Onions, chopped	5 tbsp / 60 gm / 2 oz
Tomatoes, chopped	120 gm / 4 oz
Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Clove (<i>laung</i>) powder	1 tsp / 2 gm
Cinnamon (<i>dalchini</i>) powder	½ tsp / 1 gm
Black peppercorns (<i>sabut kali mirch</i>), pounded	½ tsp / 3 gm
Lemon (<i>nimbu</i>) juice	3 tbsp / 15 ml
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Mix red chilli powder, turmeric powder, and salt with half of the ginger and garlic pastes and rub this marinade onto the chicken pieces. Keep aside for 30 minutes.
2. Heat the oil in a wok (*kadhai*); add the marinated chicken and sauté over medium heat until evenly light brown. Remove the chicken and reserve the oil.
3. Soak the tamarind in 5 tsp water for 10 minutes. Mash well, squeeze out the pulp and discard.
4. Reheat the reserved oil, add curry leaves and stir. Add onions and sauté until light brown. Add the remaining ginger and garlic pastes and tomatoes. Cook till the oil separates.
5. Stir in green cardamom, coriander, clove, and cinnamon powders along with tamarind. Cook for 5 minutes. Add the chicken pieces and 1 cup water. Bring the mixture to the boil and cook till the gravy coats the chicken pieces.
6. Sprinkle black pepper powder and lemon juice. Serve hot garnished with green coriander.

Serves: 4



Keema Matar

Minced chicken with peas

Ingredients:

Chicken, minced	600 gm / 22 oz
Green peas (<i>hara matar</i>)	250 gm / 9 oz
Butter	2½ tbsp / 50 gm / 1¾ oz
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Onions, chopped	1¾ cups / 200 gm / 7 oz
Garlic (<i>lasan</i>), peeled, crushed	2½ tbsp / 30 gm / 1 oz
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¼ oz
Dry red chillies (<i>sookhi lal mirch</i>), crushed	2 tsp
Salt to taste	
Tomato paste	3 tbsp / 45 gm / 1½ oz
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Eggs, boiled, diced	2

Method:

1. Heat the butter in a thick-bottomed pan; splutter the cumin seeds. Add onions and stir-fry till brown.
2. Add the chicken mince, garlic, ginger paste, dry red chillies, salt, and tomato paste.
3. Stir-fry till the butter appears on top.
4. Add the green peas and cook till the mince and peas are cooked and the mixture is dry and golden brown in colour.
5. Remove and serve, garnished with green coriander and eggs.

Serves: 4

Murg Kali Mirch

Chicken with black pepper

Ingredients:

Chicken drumsticks	800 gm / 28 oz
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	2 tsp / 6 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli paste	2 tsp / 10 gm
Salt to taste	
Vegetable oil for frying	
Black peppercorns (<i>sabut kali mirch</i>), crushed	2 tsp / 12 gm
Lemon (<i>nimbu</i>) juice	3 tbsp / 45 ml / 1½ fl oz
Green coriander (<i>hara dhaniya</i>), chopped	4 tsp
Garam masala	½ tsp / 1 gm

Method:

1. Mix together ginger-garlic paste, turmeric powder, red chilli paste, and salt.
2. Marinate the chicken drumsticks in this mixture and keep aside for 2 hours.
3. Heat the oil in a pan; fry the chicken till golden brown in colour. Remove and keep aside.
4. In a wok (*kadhai*), add chicken along with the marinade and all the other ingredients. Stir-fry till the chicken is fully cooked. Serve hot, accompanied by any Indian bread.

Serves: 4



Khatta Meetha Murg

Sweet-sour chicken

Ingredients:

Chicken, boneless, cut into 1" cubes	800 gm / 28 oz
Tomato purée	4 tbsp / 60 gm / 2 oz
Red chilli powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Sweet mango chutney	2 tbsp / 30 gm / 1 oz
Yoghurt (<i>dahi</i>)	¼ cup / 50 gm / 1¾ oz
Garlic (<i>lasan</i>), crushed	1 tbsp / 18 gm
Salt to taste	
Butter	2½ tbsp / 50 gm / 1¾ oz
Ginger (<i>adrak</i>), julienned	4 tsp / 24 gm
Green chillies	5
Cream	4 tbsp / 60 gm / 2 oz

Method:

1. Blend the tomato purée, red chilli powder, coriander and cumin powders, mango chutney, yoghurt, garlic, and salt in a blender to make a paste.
2. Heat the butter in a thick-bottomed wok (*kadhai*); add the tomato paste and bring to the boil; simmer for 2 minutes.
3. Add the chicken pieces and stir-fry till the chicken is cooked.
4. Garnish with ginger, green chillies, and cream. Serve with pulao or any Indian bread of your choice

Serves: 4

Sali Ma Murg

Chicken with potato straws

Ingredients:

Chicken, cut into 8 pieces	1 kg / 2.2 lb
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Curry leaves (<i>kadhi patta</i>)	4-5
Onions, large, chopped	2
Grind to a paste:	
Garlic (<i>lasan</i>) cloves	6
Ginger (<i>adrak</i>), ½" piece	1
Cinnamon (<i>dalchini</i>), 1" stick	1
Garam masala	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Green chillies	4

Potato straws (*sali*), available in
convenience store 500 gm / 1.1 lb

Method:

1. Heat the oil in a wok (*kadhai*); add the cumin seeds and curry leaves. When they start spluttering, add the onions and sauté until golden.
2. Add the ground paste and sauté for a minute.
3. Now, add the chicken and salt; keep stirring until the mixture is completely dry.
4. Add 3 cups water and bring the mixture to the boil. Then simmer, stirring occasionally, until the gravy turns thick and the chicken is tender.
5. Transfer the chicken into a dish and sprinkle the *sali* over it.

Serves: 6-7



Kokur Nadur

Kashmiri chicken with lotus stems

Ingredients:

Chicken broiler, washed, cut into 8 pieces	1 kg / 2.2 lb
Lotus stems (<i>kamal kakri</i>), medium-sized	1 kg / 2.2 lb
Vegetable oil for frying	1 cup / 200 ml / 7 fl oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Red chilli powder	1½ tsp / 3 gm
Water	1½ cups / 375 ml / 12 fl oz
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	3 tsp / 6 gm
Salt to taste	
Asafoetida (<i>hing</i>)	a pinch
Cloves (<i>laung</i>)	4
Black cardamom (<i>badi elaichi</i>), crushed	2
Bay leaves (<i>tej patta</i>)	2
<i>Tikki masala</i> (see p. 10), crushed	½ tsp

Method:

1. Wash, peel and cut the lotus stems into 2" cylindrical pieces. Wash well to remove all traces of mud. Keep aside to drain.
2. Heat the oil in a deep pan. Fry the chicken to a golden brown and keep aside. Fry the lotus stems in the same oil till golden brown. Keep aside.
3. Heat 4 tbsp oil in a heavy-bottomed pan. Add red chilli powder mixed with a little water. Stir for a few seconds; add water and bring the mixture to the boil.
4. Add the chicken, lotus stems and all the remaining ingredients except *tikki masala*. Cook for 10-15 minutes on high heat. When the gravy thickens, add *tikki masala* and cook further for 1-2 minutes, stirring gently. Serve hot.

Serves: 4-6

Kokur Roganjosh

Chicken curry – Kashmiri style

Ingredients:

Chicken broiler, cut into	
8-10 pieces	1 kg / 2.2 lb
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Salt to taste	
Black cardamom (<i>badi elaichi</i>), crushed	2
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Asafoetida (<i>hing</i>)	a pinch
Bay leaves (<i>tej patta</i>)	2
Cinnamon (<i>dalchini</i>), 1" sticks	2
Cloves (<i>laung</i>)	3
Red chilli powder	1 tsp / 2 gm
Water	1 cup / 250 ml / 8 fl oz
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	3 tsp / 6 gm
Garam masala	1 tsp / 2 gm

Method:

1. Marinate the chicken with yoghurt, salt, and black cardamom. Refrigerate for 2-3 hours.
2. Heat the oil in a heavy-bottomed pot. Add the chicken, asafoetida, bay leaves, cinnamon sticks, and cloves. Cook till the yoghurt dries completely and the oil surfaces (about 10 minutes). Lower heat and cook, turning frequently, till the chicken becomes a rich brown colour.
3. Mix the red chilli powder with a few spoons of water and add to the pot. Stir briskly for a few seconds on high heat. Add 1 cup water, ginger powder, aniseed powder, and garam masala. Cook till the gravy thickens and the oil surfaces.
4. Serve hot with rice.

Serves: 4-6



Murgi Kalia

Bengali chicken curry

Ingredients:

Chicken, cut into 8 pieces	1
Ghee	¼ cup / 50 gm / 1¾ oz
Onions, chopped	1½ cups / 180 gm / 6 oz
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Cloves (<i>laung</i>)	2
Black cardamom (<i>badi elaichi</i>)	2
Cinnamon (<i>dalchini</i>) powder	½ tsp / 1 gm
Tomatoes, chopped	200 gm / 7 oz
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	2 tsp / 4 gm
Water	1 cup / 250 ml / 8 fl oz

Method:

1. Heat the ghee in a heavy-bottomed pan; add the onions and sauté until translucent.
2. Add the ginger and garlic pastes, cloves, black cardamom, and cinnamon powder. Sauté for a few seconds or until the mixture changes colour.
3. Add the chicken and sauté for 10-12 minutes.
4. Stir in the tomatoes, coriander powder, turmeric powder, red chilli powder, and water. Cook till the chicken becomes tender and the gravy thickens.
5. Serve hot.

Serves: 2-4

Murgi Jhol

A typical Bengali chicken stew

Ingredients:

Chicken, cut into 8 pieces	1
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Panch phoran (see p. 10)	2 tsp / 4 gm
Bay leaf (<i>tej patta</i>)	1
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Tomatoes, cut into slices	100 gm / 3½ oz
Turmeric (<i>haldi</i>) powder	1 tbsp
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Water	2 cups / 500 ml / 16 fl oz
Potatoes, cut into wedges	2
Cauliflower (<i>phool gobhi</i>), cut into florets	2

Method:

1. Heat the oil; add the chicken and sauté for 1-2 minutes. Remove with a slotted spoon and keep aside.
2. In the same oil, add *panch phoran* and bay leaf. Sauté for a few seconds.
3. Add ginger and garlic pastes, tomatoes and the dry spices. Sauté further for a few seconds.
4. Add the chicken pieces and the water, followed by potatoes and cauliflower.
5. Bring the mixture to the boil; leave to simmer for at least half an hour or until the chicken is tender.

Serves: 2-4



Murg Jalfrezi

Chicken cooked with tomatoes and capsicum

Ingredients:

Chicken, boneless, cut into pieces	800 gm / 28 oz
Vegetable oil for frying	
Onion paste	1/3 cup / 100 gm / 3½ oz
Tomato purée	1/2 cup / 100 gm / 3½ oz
Salt to taste	
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Onions, diced	1/2 cup / 60 gm / 2 oz
Tomatoes, diced	60 gm / 2 oz
Capsicum (<i>Shimla mirch</i>), diced	60 gm / 2 oz
Garam masala	2 tsp / 4 gm

Method:

1. Heat 1 tbsp oil in a wok (*kadhai*); add onion paste and cook for 5-7 minutes. Add tomato purée and cook for 10-15 minutes. Remove from heat and set aside.
2. Marinate the chicken pieces with salt and ginger and garlic pastes for 2 hours.
3. In a separate wok, heat the oil and add the onion mixture, tomatoes, and capsicum. Sauté for a few minutes, add the marinated chicken and stir-fry till the chicken is cooked.
4. Serve hot, accompanied by a green salad.

Serves: 4

Murg Jugalbandi

Stuffed chicken breasts in a thick curry

Ingredients:

Chicken breasts	8
For the filling:	
Chicken, minced	200 gm / 7 oz
Vegetable oil	2 tsp / 10 ml
Mustard seeds (<i>rai</i>)	1 tsp / 2 gm
Curry leaves (<i>kadhi patta</i>)	a few
Salt	½ tsp / 2 gm
Red chilli powder	1 tsp / 2 gm
Garam masala	1 tsp / 2 gm
Coconut (<i>nariyal</i>), fresh, grated	2½ tbsp / 10 gm
Vegetable oil for frying	
For the curry:	
Vegetable oil	4 tsp / 20 ml
Cumin (<i>jeera</i>) seeds	a pinch
Ginger (<i>adrak</i>) paste	1½ tsp / 9 gm
Garlic (<i>lasan</i>) paste	1½ tsp / 9 gm
Salt to taste	
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	4 tsp / 4½ gm
Yoghurt (<i>dahi</i>), whisked	¼ cup / 50 gm / 1¾ oz
Tomato purée	¼ cup / 50 gm / 1¾ oz
Brown onion paste (see p. 10)	50 gm / 1¾ oz
Water	6 tbsp / 90 ml / 3 fl oz
Tomato, diced	1
Black peppercorns (<i>sabut kali mirch</i>)	1 tsp / 6 gm

Serves: 4

Method:

1. Clean and wash the chicken breasts. Make deep incisions near the bone of the chicken breasts. Keep aside.
2. **For the filling**, heat the oil in a pan; add mustard seeds and curry leaves; sauté for a few seconds. Add the mince and cook for about 5-6 minutes.
3. Add salt, red chilli powder, garam masala, and coconut. Stir-cook for a few minutes. Remove from heat and keep aside to cool. Stuff the chicken breasts with the prepared mixture.
4. Heat the oil in a pan; add 2 stuffed chicken breasts, at a time, and sauté till golden brown on both sides. Remove and keep aside.
5. **For the curry**, heat the oil in a pan; add cumin seeds and sauté for a few seconds. Add ginger-garlic paste and sauté for 1 minute.
6. Add salt, red chilli powder, turmeric powder, and coriander powder; cook for another minute.
7. Stir in the yoghurt and tomato purée and stir-fry on medium heat. Add the brown onion paste and cook till the oil leaves the sides of the pan. Add water and bring to the boil; simmer and cook till the curry reduces to three-fourths of the original quantity.
8. Add the chicken pieces to the curry and allow to cook for 10-12 minutes. Remove from heat.
9. Carefully lift the chicken pieces from the curry and place on a serving platter. Pour the curry on top and serve hot, garnished with tomato and black peppercorns.



Chicken Cabbage Rolls

Ingredients:

Cabbage, large	1
For the filling:	
Chicken, minced	500 gm / 1.1 lb
Ginger (<i>adrak</i>), chopped	2 tsp / 12 gm
Garlic (<i>lasan</i>), chopped	2 tsp / 6 gm
Onions, chopped	4 tsp / 24 gm
Green chillies, chopped	1 tsp
Black cardamom (<i>badi elaichi</i>) powder	1 tsp / 2 gm
Clove (<i>laung</i>) powder	1 tsp / 2 gm
Red chilli paste	1 tsp / 2 gm
Almond (<i>badaam</i>) paste	3 tsp / 15 gm
Salt to taste	
For the curry:	
Butter	2½ tbsp / 50 gm / 1¾ oz
Onion paste	2 tbsp / 50 gm / 1¾ oz
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Turmeric (<i>haldi</i>) powder	a pinch
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Yellow chilli powder	1½ tsp / 3 gm
Garam masala	1 tsp / 2 gm
Saffron (<i>kesar</i>)	a pinch
Coconut (<i>nariyal</i>) milk	1 cup / 200 ml / 7 fl oz
Cream	¾ cup / 150 gm / 5 oz

Method:

1. Cut the stem and blanch the cabbage.
2. **For the filling**, mix all the ingredients together.
3. Place the filling on 2 cabbage leaves and make a roll. Make eight such rolls.
4. **For the curry**, heat the butter in a pot; sauté the onion paste. Add the spices and cook till the oil separates.
5. Place the cabbage rolls carefully in the pot and pour the coconut milk and cream over them. Seal the lid with dough and cook in a moderately hot oven for 20 minutes.

Serves: 8



Fried Chicken in a Thick Curry

Ingredients:

Chicken, washed, deboned, cut into 1½" cubes	1 kg / 2.2 lb
Red chilli powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Vegetable oil	6 tbsp / 90 ml / 3 fl oz
Tamarind (<i>imli</i>)	5 tsp / 25 gm
Curry leaves (<i>kadhi patta</i>)	12
Onions, chopped	¾ cup / 90 gm / 3 oz
Tomatoes, chopped	120 gm / 4 oz
Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Clove (<i>laung</i>) powder	1 tsp / 2 gm
Cinnamon (<i>dalchini</i>) powder	1 tsp / 2 gm
Black peppercorns (<i>sabut kali mirch</i>), pounded	1 tsp / 6 gm
Lemon (<i>nimbu</i>) juice	3 tsp / 15 ml
Green coriander (<i>hara dhaniya</i>) leaves, chopped	3 tbsp / 12 gm

Serves: 4

Method:

1. Mix red chilli powder, turmeric powder, and salt with half the ginger and garlic pastes. Rub this marinade on the chicken pieces and keep aside for 30 minutes.
2. Heat the oil in a wok (*kadhai*); add the marinated chicken and sauté on medium heat until evenly light brown. Remove the chicken and reserve the oil.
3. Soak the tamarind in 5 tsp water for 10 minutes. Mash well, squeeze out the extract and discard pulp.
4. Reheat the reserved oil, add the curry leaves and stir on low heat for 30 seconds. Add onions and sauté until light brown. Add the remaining ginger and garlic pastes, stir for a minute; add tomatoes and stir. Cook till the fat appears on the sides of the pan. Add the green cardamom, coriander, clove, and cinnamon powders and stir for a minute. Stir in the tamarind extract and cook for 5 minutes.
5. Add the chicken pieces and simmer for 8-10 minutes. Add 1 cup water and bring to the boil. Reduce heat to medium and cook, stirring constantly, until the moisture has evaporated and the sauce coats the chicken pieces.
6. Sprinkle with black pepper and lemon juice. Remove to a flat dish, garnish with green coriander and serve with any Indian bread of choice.



Murg Tariwaala

Chicken curry

Ingredients:

Chicken thighs, boneless, cut into bite-sized pieces	800 gm / 28 oz
Saffron (<i>kesar</i>), soaked in little water for 10 minutes, crushed	a few strands
Vegetable oil	5 tbsp / 75 ml / 2½ oz
Garlic (<i>lasan</i>), chopped	2 tbsp / 36 gm / 1¼ oz
Onions, sliced	¾ cup / 90 gm / 3 oz
Cinnamon (<i>dalchini</i>), 1" stick	1
Cloves (<i>laung</i>)	10
Green cardamom (<i>choti elaichi</i>)	4
Ginger (<i>adrak</i>) paste	6 tsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>) paste	6 tsp / 36 gm / 1¼ oz
Salt to taste	
Yellow chilli powder	1 tsp / 2 gm
Chicken stock (see p. 11)	2 cups / 500 ml / 16 fl oz

Method:

1. Heat the oil in a saucepan; add garlic and sauté till brown. Add onions and sauté till light brown. Add cinnamon stick, cloves, and green cardamom; sauté till onions turn golden brown.
2. Add the ginger-garlic paste, chicken, salt, and yellow chilli powder. Stir for 3-4 minutes. Add chicken stock and bring to the boil. Cover and simmer till the chicken is tender.
3. Remove from heat. Take out the chicken pieces. Strain the gravy into another pot using a soup strainer.
4. Cook the gravy till it becomes sauce-like. Add the chicken pieces and cook for a minute.
5. Stir in the prepared saffron and serve hot, accompanied by any Indian bread.

Serves: 4



Tomato-Flavoured Chicken

Ingredients:

Chicken, cut into 12 pieces	1 kg / 2.2 lb
Vegetable oil	½ cup / 100 ml
Garlic (<i>lasan</i>) paste	4 tsp / 24 gm
Red chillies, pounded coarsely	6-8
Tomatoes, blanched, chopped	1 kg / 2.2 lb
Ginger (<i>adrak</i>), chopped	2 tbsp / 48 gm / 1¾ oz
Green chillies, sliced	2
Salt to taste	
Red and green bell peppers (<i>Shimla mirch</i>)	100 gm / 3½ oz
Garam masala	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Heat the oil in a wok (*kadhai*); sauté the garlic paste. Add red chillies and fry for a while. Add the tomatoes and cook for 5 minutes, stirring constantly.
2. Add ginger, green chillies, and salt. Cook on medium heat for 3-5 minutes.
3. Add chicken pieces and cook till the gravy is thick and the chicken is tender.
4. Stir in red and green peppers and garam masala. Cover and cook for 3-4 minutes.
5. Garnish with green coriander and serve hot.

Serves: 4

Murg Mumtaz

Grilled chicken in tomato gravy

Ingredients:

Chicken, cut into boneless pieces	1 kg / 2.2 lb
Salt to taste	
Ginger-garlic (<i>adrak-lasan</i>) paste	4 tsp / 24 gm
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
For the marinade:	
Yoghurt (<i>dahi</i>), hung	½ cup / 100 gm / 3¼ oz
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Cumin (<i>jeera</i>) powder	1 tbsp / 4½ gm
Red chilli paste	2 tbsp / 30 gm / 1 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Salt to taste	
For the tomato gravy:	
Tomatoes	1 kg / 2.2 lb
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Green chillies	10
Red chilli powder	1 tsp / 2 gm
Cloves (<i>laung</i>) powder	1 tsp / 2 gm
Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm
Butter	1 cup / 200 gm / 7 oz
Cream	¾ cup / 150 gm / 5 oz
Dry fenugreek (<i>kasoori methi</i>) powder	1 tsp / ½ gm
Garam masala	1 tsp / 2 gm
Water	2 cups / 500 ml / 16 fl oz
Salt to taste	

Method:

1. Rub salt, ginger-garlic paste, and lemon juice on the chicken pieces. Keep aside for 20 minutes.
2. Prepare a marinade with the given ingredients and coat the chicken pieces with it. Keep aside for 2 hours.
3. **For the tomato gravy**, heat a pot and add all the ingredients except butter, cream, dry fenugreek powder, and garam masala. Cook for 30 minutes, mashing continuously.
4. Strain and return to heat. Cook till the gravy thickens; add the remaining ingredients. Cook for 5 minutes and remove from heat.
5. Skewer the chicken pieces and cook in a tandoor / oven / grill for 10 minutes and add to the gravy. Mix well and serve.

Serves: 4



Murg Shahjahani

Chicken in a rich spicy cashew gravy

Ingredients:

Chicken, skinned, cut into 8 pieces	1 kg / 2.2 lb
Vegetable oil	6 tbsp / 90 ml / 3 fl oz
Bay leaves (<i>tej patta</i>)	2
Cinnamon (<i>dalchini</i>), 1" sticks	3
Green cardamom (<i>choti elaichi</i>)	8
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Cloves (<i>laung</i>)	8
Onions, chopped	1¾ cup / 200 gm / 7 oz
Turmeric (<i>haldi</i>) powder	3 tsp / 6 gm
Yellow chilli powder	4 tsp / 8 gm
Ginger-garlic (<i>adrak-lasan</i>) paste	4 tsp / 24 gm
Cashew nut (<i>kaju</i>) paste	100 gm / 3¼ oz
Yoghurt (<i>dahi</i>), whisked	¾ cup / 150 gm / 5 fl oz
Salt to taste	
Cream	3 tbsp / 45 ml / 1½ oz
Black cardamom (<i>badi elaichi</i>) powder	1 tsp / 2 gm
Eggs, boiled, quartered	3
Green coriander (<i>hara dhaniya</i>), chopped	4 tbsp / 16 gm
Ginger, julienned	1 tsp / 16 gm

Method:

1. Heat the oil in a thick-bottomed pan on medium heat. Add the bay leaves, cinnamon sticks, green cardamom, black cumin seeds, and cloves; sauté until the spices begin to crackle.
2. Add the onions, turmeric powder, and yellow chilli powder; sauté for 30 seconds.
3. Add ginger, garlic, and cashew nut pastes and sauté for 30 seconds more.
4. Add the chicken pieces and cook for 10-15 minutes on medium heat.
5. Add yoghurt with 2 cups of hot water and salt. Cover and simmer for 10-15 minutes on very low heat.
6. Add the cream and black cardamom powder; stir. Serve garnished with eggs, green coriander, and ginger.

Serves: 4



Kesar Murg

Saffron chicken

Ingredients:

Chicken, boneless, cut into 8 pieces	800 gm
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Bay leaves (<i>tej patta</i>)	2
Green cardamom-cloves (<i>choti elaichi-laung</i>)	6
Onion paste	½ cup / 150 gm / 5 oz
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Cashew nut (<i>kaju</i>) paste	5 tbsp / 75 gm / 2½ oz
Yoghurt (<i>dahi</i>), whisked	1 cup / 200 gm / 7 oz
Salt to taste	
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Saffron (<i>kesar</i>)	a pinch
Cream	¾ cup / 150 ml / 5 fl oz

Method:

1. Heat the oil in a heavy-bottomed pan; add bay leaves, cloves, and green cardamom; sauté until the cardamom changes colour.
2. Add onion, ginger, and garlic pastes; stir-fry till the oil separates.
3. Add coriander powder and cashew nut paste; stir-fry for 2 minutes.
4. Add the chicken and cook for 3 minutes.
5. Mix in the yoghurt, salt, white pepper, and saffron.
6. Bring to the boil, reduce heat and simmer until the chicken becomes tender.
7. Fold in the cream. Serve hot, accompanied by any Indian bread.

Serves: 4

Murg Badaam Pasanda

Chicken breasts garnished with fried almonds

Ingredients:

Chicken breasts, skinned	8 pieces
Ghee	½ cup / 100 gm / 3¼ oz
Almonds (<i>badaam</i>), sliced	5 tsp / 25 gm
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Yoghurt (<i>dahi</i>), hung	1½ cups / 300 gm / 11 oz
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Salt to taste	
Green cardamom (<i>choti elaichi</i>)	10
Onions, chopped	¾ cup / 90 gm / 3 oz
Tomatoes	300 gm / 11 oz
Red chilli powder	1 tsp / 2 gm
Refined flour (<i>maida</i>)	2 tsp
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Cloves (<i>laung</i>)	10
Chicken stock (see p. 11)	4 cups / 1 lt / 32 fl oz
Mace (<i>javitri</i>) powder	1 tsp / 2 gm
Saffron (<i>kesar</i>), dissolved in 1 tbsp milk	a pinch
Green coriander (<i>hara dhaniya</i>)	5 tbsp / 20 gm

Serves: 4

Method:

1. Brown the almonds in 1 tbsp of ghee.
2. Clean and flatten the chicken breasts till about 3 cm thick.
3. Rub the ginger paste over the chicken breasts.
4. Whisk the yoghurt in a large bowl, add garlic paste and salt. Rub this mixture over the chicken and keep aside for 1 hour.
5. Heat half the ghee on a griddle. Place the chicken breasts on it and cook, turning over once, until half done. Remove and keep aside.
6. Add the remaining ghee to the pan and sauté green cardamom and cloves till they crackle. Then add onions and cook till brown. Add tomatoes, red chilli powder, flour, black pepper, cloves, and chicken stock. Cook until the gravy becomes rich and thick.
7. Place the chicken breasts in the gravy and cook, turning it over gently, for another 10 minutes.
8. Add the mace powder and saffron mixture.
9. Serve, garnished with fried almonds and green coriander.



Murg Lababdar

Chicken in a rich butter gravy

Ingredients:

<i>Reshmi</i> kebab (see p. 23)	16
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Ginger-garlic (<i>adrak-lasan</i>) paste	1 tbsp / 18 gm
Onions, finely chopped	2
Tomatoes, chopped	2
Capsicum (<i>Shimla mirch</i>), finely chopped	2
Salt to taste	
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Red chilli powder	1 tsp / 2 gm
Vegetable gravy (see p. 12)	1 cup / 200 ml / 7 fl oz
Tomato purée, fresh	1 cup / 200 ml / 7 fl oz
Butter	5 tsp / 25 gm
Cream, fresh	1 cup / 200 ml / 7 fl oz

Method:

1. Heat the oil in a pan; add ginger-garlic paste and onions; sauté for 4-5 minutes or till onions turn golden brown.
2. Add tomatoes, capsicum, and the spices; sauté for 8-10 minutes or till the oil leaves the sides of the pan.
3. Add the *reshmi* kebab and stir for 5 minutes.
4. Stir in the vegetable gravy and tomato purée; mix well for 8-10 minutes.
5. Add butter and stir till it melts. Stir in the cream; and serve hot.

Serves: 4

Sarson Ka Murg

Chicken flavoured with mustard

Ingredients:

Chicken, cut into 4 pieces	1 kg / 2.2 lb
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Mustard (<i>sarson</i>) oil	5 tbsp / 75 ml / 2½ fl oz
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Fenugreek (<i>methi</i>) seeds	1 tsp / 3 gm
Red chilli paste	3 tsp / 15 gm
Salt to taste	
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Mustard powder	2 tsp / 4 gm
Garam masala	1 tsp / 2 gm
Mint (<i>pudina</i>) leaves, chopped	3 tbsp / 12 gm
Green coriander (<i>hara dhaniya</i>), chopped	100 gm / 3¼ oz
Green chillies, chopped	3 tbsp
Tomatoes, chopped	100 gm / 3¼ oz

Method:

1. Apply half the ginger-garlic pastes and salt on the chicken pieces; keep aside.
2. Heat the mustard oil in a pan; add mustard seeds and fenugreek seeds and sauté till they crackle. Add red chilli paste, the remaining ginger and garlic pastes, salt, cumin powder, coriander powder, mustard powder, and garam masala.
3. Prepare a paste by blending together mint, green coriander, and green chillies and add to the pan.
4. Add chicken pieces to the gravy and cook till the oil separates. Add a little water; cook on low heat for 15-20 minutes or till done.
5. Remove from heat and garnish with tomatoes.

Serves: 4



Makhani Murg

Butter chicken

Ingredients:

Tandoori chicken, cut into 8 pieces each (see p. 29)	2
Butter	¾ cup / 150 gm / 5 oz
Cinnamon (<i>dalchini</i>), 1" sticks	2
Green cardamom (<i>choti elaichi</i>)	10
Bay leaf (<i>tej patta</i>)	1
Ginger (<i>adrak</i>) paste	5 tbsp / 90 gm / 3 oz
Garlic (<i>lasan</i>) paste	5 tbsp / 90 gm / 3 oz
Tomatoes, chopped	900 gm / 2 lb
Salt to taste	
Water	1 cup / 250 ml / 8 fl oz
Ginger, julienned	2 tsp / 12 gm
Green chillies, slit, deseeded	5
Red chilli powder	1 tsp / 2 gm
Cream	¾ cup / 150 ml / 5 fl oz
Honey	1 tbsp / 15 ml
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 15 gm

Method:

1. Melt half the butter in a thick-bottomed pan; sauté the cinnamon, green cardamom, and bay leaf for 30 seconds. Add ginger-garlic paste and cook till water evaporates.
2. Add tomatoes and salt and cook till the tomatoes become pulpy. Add water and simmer for some time. Strain the gravy through a soup strainer into another pan.
3. Melt the remaining butter in a wok (*kadhai*). Add ginger and green chillies and sauté for a minute. Add red chilli powder – the mixture will turn a bright red. Add the gravy and bring to the boil.
4. Gently put in the chicken pieces. Simmer for about 10 minutes or till the chicken softens. Gradually stir in the cream and honey.
5. Serve garnished with green coriander and accompanied by any Indian bread.

Serves: 4-5

Chicken Almond Steaks

Ingredients:

Chicken, escalopes	600 gm / 22 oz
Egg, whisked	1
Salt	2 tsp / 8 gm
Red chilli powder	1½ tsp / 3 gm
Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml
Ginger (<i>adrak</i>) paste	5 tsp / 30 gm / 1 oz
Garlic (<i>lasan</i>) paste	5 tsp / 30 gm / 1 oz
Vegetable oil for frying	2 tsp / 10 ml

For the gravy:

Almonds (<i>badaam</i>), blanched, skinned	5 tbsp / 75 gm / 2½ oz
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3¼ oz
Butter	1½ tbsp / 30 gm / 1 oz
Ginger-garlic paste	1 tbsp / 18 gm
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Brown onion paste (see p. 10)	1 tbsp / 25 gm
Tomato purée	5 tbsp / 75 gm / 2½ oz
Cream	3 tbsp / 60 ml / 2 fl oz

Garam masala	a pinch
Almonds, slivered	2 tsp / 10 gm

Method:

1. Mix together egg, 1 tsp salt, ½ tsp red chilli powder, lemon juice, and ginger-garlic pastes. Flatten out each escalope with a steak hammer and coat with the prepared mixture. Refrigerate for 15 minutes.
2. Heat the oil in a pan; shallow-fry the chicken pieces until golden brown on both sides. Remove from heat, drain the excess oil and keep aside.
3. **For the gravy**, grind the almonds to a fine paste and blend with yoghurt.
4. Heat the butter in a pan; add ginger-garlic paste and sauté for a few seconds. Add the almond-yoghurt mixture and sauté. Stir in the remaining salt, red chilli powder, and white pepper powder; cook for a few seconds.
5. Stir in brown onion paste, tomato purée, and cream; cook for 8-10 minutes. Add chicken pieces to the gravy. Cook on low heat till the pieces are tender and the curry is reduced to half.
6. Remove the chicken pieces from the gravy and place on a serving platter; pour the gravy on top. Sprinkle garam masala and drizzle cream. Serve hot, garnished with almonds.

Serves: 4



Dhaniya Murg

Easy-to-cook chicken flavoured with coriander

Ingredients:

Chicken, cut into pieces	1 kg / 2.2 lb
Tomato purée	1 cup / 200 ml / 7 fl oz
Coriander (<i>dhaniya</i>) powder	½ cup
Salt	1½ tsp / 6 gm
Garam masala	1 tsp / 2 gm
Red chilli powder	1½ tsp / 3 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Sugar (optional)	1 tsp / 3 gm
Green coriander (<i>hara dhaniya</i>), chopped for garnishing	

Method:

1. Heat a non-stick pan; add tomato purée, chicken, and the remaining ingredients except green coriander. Mix well. Add ½ cup water. Lower heat and cook covered for 4-5 minutes. Remove cover and stir once. Continue to cook till the chicken is tender.
2. Increase heat and cook till the preparation is dry (you can keep a little gravy or make it dry as per choice).
3. Serve hot garnished with green coriander.

Serves: 4

Nutty Chicken Bonanza

Ingredients:

Chicken, whole, skinned	900 gm / 2 lb
For the stuffing:	
Almonds (<i>badaam</i>)	1 cup / 120 gm / 4 oz
Chicken, minced	800 gm / 28 oz
Cognac (optional)	3 tbsp / 45 ml / 1½ fl oz
Cream	1 tbsp / 20 ml
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Green chilli paste	1 tsp / 5 gm
Pistachios (<i>pista</i>)	5 tsp / 25 gm
Mace (<i>javitri</i>)	1 tsp / 2 gm
Raisins (<i>kishmish</i>)	1 tbsp / 10 gm
Salt to taste	
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Green cardamom (<i>choti elaichi</i>)	8
Fennel (<i>moti saunf</i>) seeds	2 tsp / 4 gm
Cinnamon (<i>dalchini</i>), 1" sticks	4
Cloves (<i>laung</i>)	10
Onion paste	½ cup / 150 gm / 5 oz
Red chilli powder	2 tsp / 4 gm
Black pepper (<i>kali mirch</i>) powder	2 tsp / 4 gm
Salt to taste	
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Poppy seed (<i>khus khus</i>) paste	3 tsp / 15 gm
Almond paste	3 tsp / 15 gm
Coconut (<i>nariyal</i>) paste	¾ cup / 150 gm / 5 oz
Saffron (<i>kesar</i>)	a pinch
Cream	2 tbsp / 40 ml / 1¼ fl oz
Nutmeg (<i>jaiphal</i>)	1 tsp / 2 gm
Vetivier (<i>kewda</i>) essence	2 drops
Almonds, fried	5 tsp / 25 gm
Silver leaf (<i>varq</i>)	1
Gram flour (<i>besan</i>)	1 cup / 100 gm / 3¼ oz
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. In a bowl, combine all the ingredients for the stuffing. Fill it into the cavity of the dressed chicken.
2. In a pan, heat the oil and fry the stuffed chicken until golden brown. Keep aside.
3. In the same pan, add green cardamom, fennel seeds, cinnamon sticks, cloves, and onion paste. Sauté for 30-60 seconds. Add red chilli powder, black pepper, salt, and coriander powder. Cook on low heat for 5-10 minutes.
4. Add poppy seed paste, almond paste, coconut paste, and 2 cups of hot water; bring to the boil.
5. Add the chicken, cover and cook on low heat until the chicken is cooked.
6. Remove the chicken and strain the sauce; add saffron, cream, nutmeg, and vetivier.
7. Place chicken on a serving dish. Pour the sauce over and garnish with almonds, silver leaf, and green coriander.

Serves: 4



Murg Musallam

Chicken cooked with minced lamb and kidney in a tomato gravy

Ingredients:

Chicken, cut into 8 pieces	700 gm / 25 gm
Lamb, minced, parboiled	200 gm / 7 oz
Lamb kidney, parboiled	100 gm / 3¼ oz

For the marinade: mix together

Yoghurt (<i>dahi</i>), drained	2½ cups / 500 gm / 1.1 lb
Salt to taste	
Red chilli powder	2½ tsp / 5 gm
Coriander (<i>dhaniya</i>) powder	3 tsp / 4½ gm
Vinegar (<i>sirka</i>)	1½ tsp / 8 ml

Vegetable oil	1 cup / 200 ml / 7 fl oz
Bay leaves (<i>tej patta</i>)	2
Ginger-garlic (<i>adrak-lasan</i>) paste	5 tsp / 30 / 1 oz
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Brown onion paste (see p. 10)	500 gm / 1.1 lb
Tomato purée, peeled, blanched, blended	500 gm / 1.1 lb
Cumin (<i>jeera</i>) powder	3 tsp / 4½ gm
Red chilli powder	2½ tsp / 5 gm
Garam masala	7 tsp / 14 gm
Yoghurt	¼ cup / 50 gm / 1¾ oz
Water	1 cup / 250 ml / 8 fl oz
Butter	5 tbsp / 100 gm / 3¼ oz
Cream, fresh	1 cup / 200 ml / 7 fl oz
Egg, hard-boiled, halved	1
Tomato, cut into 4 pieces	1
Green chillies, slit	2

Method:

1. Marinate the chicken with the marinade for an hour.
2. Heat the oil in a pan; sauté bay leaves and ginger-garlic paste for a minute. Add black cumin seeds and sauté again. Stir in brown onion paste; sauté for 1-2 minutes. Add chicken, stir for 7-8 minutes. Add minced lamb and kidney and mix for 5 minutes. Stir in the tomato purée.
3. Add the spices, yoghurt, and water. Cook covered till the chicken is tender. Stir in the butter. When it melts add the cream gradually. Serve garnished with egg, tomato, and green chillies.

Serves: 4



Murg Navrattan Korma

Spicy chicken garnished with dry fruits

Ingredients:

Chicken, cut into 8 pieces	750 gm / 26 oz
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Unsalted butter	2½ tbsp / 50 gm / 1¾ oz
Bay leaf (<i>tej patta</i>)	1
Cinnamon (<i>dalchini</i>), 1" sticks	5
Cloves (<i>laung</i>)	6
Green cardamom (<i>choti elaichi</i>)	10
Onions, grated	1 cup / 120 gm / 4 oz
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¼ oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	2 tsp / 4 gm
Almond (<i>badaam</i>) paste	1 tbsp / 15 gm
Salt to taste	
Yoghurt (<i>dahi</i>), whisked	4 tbsp / 120 gm / 4 oz
Cream	1 cup / 200 ml / 7 fl oz
Green chillies, slit into half	3
Mace (<i>javitri</i>) powder	1 tsp / 2 gm
Vetivier (<i>kewda</i>) essence	3 drops
For the garnishing:	
Almonds, peeled	2 tbsp / 30 gm / 1 oz
Cashew nuts (<i>kaju</i>)	2 tbsp / 30 gm / 1 oz
Hazel nuts	2 tsp / 10 gm
Pistachios (<i>pista</i>)	1 tbsp / 15 gm
Raisins (<i>kishmish</i>)	1 tbsp / 10 gm
Black cumin (<i>shahi jeera</i>) seeds, roasted, powdered	2-3 tsp
Saffron (<i>kesar</i>), soaked in 2 tsp warm milk	a few strands
Ginger, fresh, julienned	1 tsp / 6 gm
Mint (<i>pudina</i>) leaves, fresh	2-3

Method:

1. Heat the oil and butter in a pan; add bay leaf, cinnamon sticks, cloves, and green cardamom; sauté on medium heat until they begin to crackle.
2. Add onions and sauté for a few minutes. Add ginger-garlic paste, turmeric powder, red chilli powder, almond paste, salt, and yoghurt. Cook on medium heat for 5-10 minutes until the oil separates from the mixture.
3. Add chicken, stir and cook on medium heat for about 25 minutes, till the chicken is tender.
4. Stir in cream, green chillies, mace powder, and vetivier essence.
5. Fry all the dry fruits in butter; add black cumin powder and saffron; mix well. Garnish the dish with the dried fruit mixture. Top with ginger and mint leaves.

Serves: 4



Xacuti de Galinha

Chicken curry with roasted spices

Ingredients:

Chicken, cut into 12 pieces	1 kg / 2.2 lb
Coconut (<i>nariyal</i>), grated	2 cups / 150 gm / 5 oz
Onions, medium-sized, sliced	2
Kashmiri chillies (<i>sookhi lal mirch</i>)	10
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) seeds	1½ tbsp / 9 gm
Poppy seeds (<i>khus khus</i>)	2 tsp / 4 gm
Black peppercorns (<i>sabut kali mirch</i>)	6
Cinnamon (<i>dalchini</i>), 1" sticks	2
Cloves (<i>laung</i>)	8
Star anise (<i>chakri phool</i>)	1
Fennel (<i>moti saunf</i>)	2 tsp / 4 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz
Onions, medium-sized, finely sliced	2
Ginger (<i>adrak</i>), minced	1½ tsp / 1½" piece
Garlic (<i>lasan</i>), minced	1½ tsp / 9 cloves
Salt	2 tsp / 8 gm
Lemon (<i>nimbu</i>) juice	2-3 tbsp / 30-45 ml

Serves: 6

Method:

1. Grind 1 cup coconut with ½ cup warm water and extract ¾ cup thick coconut milk. Add 1 cup warm water to the coconut again and extract 1 cup thin coconut milk. Keep both aside.
2. Heat a frying pan and dry roast 1 cup coconut till light brown. Dry roast the onions for a few minutes.
3. In the same pan, add 1 tsp oil and sauté the Kashmiri chillies for 1 minute. Remove. Sauté each of the next 8 ingredients separately with a few drops of oil for a few seconds. Do not allow any of the spices to burn as they will turn bitter.
4. Grind the roasted coconut, onions and spices with the turmeric powder and a little water to a smooth paste.
5. Heat the oil in a large pan; add the onions and sauté till soft and golden. Add the ginger and garlic; sauté for 1 minute.
6. Add the chicken and sauté for 2-3 minutes on high heat till brown. Add the roasted coconut spice paste and mix well.
7. Add the thin coconut milk and salt, mix well, bring to the boil, lower heat and simmer partially covered for 20 minutes until the chicken is cooked and the gravy is thick.
8. Add the thick coconut milk and lemon juice and simmer for 5 minutes. Adjust seasoning.
9. Serve hot with rice or *pulao*.

Note: For a less rich dish, replace coconut milk with water.



Baffado de Galinha

Chicken in coconut gravy

Ingredients:

Chicken, cut into 10-12 pieces	1 kg / 2.2 lb
Coconut (<i>nariyal</i>), grated	3 cups / 250 gm / 9 oz
Grind to a smooth paste with a little water:	
Kashmiri chillies (<i>sookhi lal mirch</i>)	8
Coriander (<i>dhaniya</i>) seeds	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds	¾ tsp
Black peppercorns (<i>sabut kali mirch</i>)	10
Cinnamon (<i>dalchini</i>), 1" stick	1
Cloves (<i>laung</i>)	4
Uncooked rice (optional)	½ tsp
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Garlic (<i>lasan</i>), minced	1½ tsp / 9 cloves
Ginger (<i>adrak</i>), minced	1 tsp / 1" piece

Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Onions, medium-sized, finely sliced	2
Green chillies, slit	2-3
Salt	2 tsp / 8 gm
Vinegar (<i>sirka</i>)	3 tbsp / 45 ml / 1½ fl oz

Method:

1. Extract 1 cup thick and 1½ cups thin coconut milk from the grated coconut (see p. 10). Keep aside.
2. Heat the oil in a pan; sauté the onions till golden. Add the ground paste and fry for 2 minutes. Add the chicken and fry on high heat for 3 minutes.
3. Add the thin coconut milk, green chillies and salt; bring to the boil, lower heat and simmer, partially covered, till the chicken is tender. Add the vinegar and thick coconut milk; simmer uncovered for 5 minutes. Remove and serve with rice.

Serves: 4-6



Tandoori Batyer

Roasted quail

Ingredients:

Quails (<i>batyer</i>)	6 / 150 gm / 5 oz each
Salt to taste	
Vinegar (<i>sirka</i>)	4 tbsp / 60 ml / 2 fl oz
Ginger (<i>adrak</i>) paste	4 tsp / 24 gm
Garlic (<i>lasan</i>) paste	4 tsp / 24 gm
Yoghurt (<i>dahi</i>)	2 tbsp / 60 gm / 2 oz
Red chilli powder	2 tsp / 4 gm
Red chilli paste	2 tbsp / 30 / 1 oz
Rock salt	½ tsp
Garam masala	4 tsp / 8 gm
Cumin (<i>jeera</i>) powder	1 tbsp / 4½ gm
Nutmeg (<i>jaiphal</i>) powder	1 tsp / 2 gm
Butter	3 tbsp / 60 gm / 2 oz

Method:

1. Clean the quails and rub them with salt, vinegar, and ginger-garlic paste. Keep aside for half an hour.
2. Whisk the yoghurt; add red chilli powder, red chilli paste, and all the spices. Coat the quails with this marinade evenly and keep aside for an hour.
3. Skewer the quails and roast in a moderately hot tandoor for 6-7 minutes. Remove and baste with butter and roast again for 4-5 minutes. Alternatively, cook in a preheated oven at 180°C / 350°F.
4. Remove from skewers and serve hot with mint chutney (see p. 428).

Serves: 4

Adraki Murg

Chicken in ginger-flavoured tomato gravy

Ingredients:

Chicken, skinned,
cut into 8 pieces 600-700 gm / 22-25 oz

For the marinade:

Ginger (*adrak*) paste 2 tsp / 12 gm
Garlic (*lasan*) paste 1 tsp / 6 gm
Coriander (*dhaniya*) powder 1 tsp / 1½ gm
Cumin (*jeera*) powder 1 tsp / 1½ gm
Red chilli powder 1 tsp / 2 gm
Green cardamom (*choti elaichi*), powdered 3
Malt vinegar (*sirka*) ½ cup / 100 ml / 3½ fl oz
Yoghurt (*dahi*), whisked 1½ cups / 300 gm / 11 oz

Ghee / Vegetable oil ½ cup / 100 gm / 3½ oz
Cumin seeds 2 tsp / 4 gm
Salt to taste
Tomatoes, blanched, peeled, chopped 1½ cups
Red edible colour 1½ tsp / 7½ ml

Method:

1. Add the chicken pieces to the marinade. Mix well and keep aside for 2 hours.
2. Heat the ghee / oil in a pan; add cumin seeds and sauté until they crackle. Add the chicken with the marinade and stir. Put in the tomatoes and salt and cook on medium heat until the chicken becomes tender and the gravy, thick.
3. Add the red edible colour and mix well.

Serves: 4



Murg Haryali

Coriander-mint chicken in coconut gravy

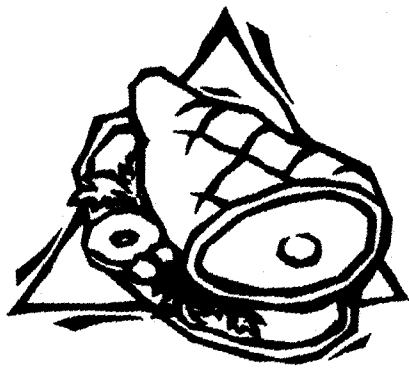
Ingredients:

Chicken, skinned 8 pieces
Ginger (*adrak*) paste 1 tsp / 6 gm
Garlic (*lasan*) paste 1 tsp / 6 gm
Ghee / Vegetable oil ¾ cup / 150 gm / 5 oz
Salt to taste
Yoghurt (*dahi*) ½ cup / 100 gm / 3½ oz
Wholemilk fudge (*khoya*) 10 tbsp / 150 gm / 5 oz
Green chillies, pricked all over with a
fork or cocktail stick 10 / 30 gm / 1 oz
Green coriander (*hara dhaniya*), fresh 1 cup / 25 gm
Mint (*pudina*) leaves, fresh, chopped 1 cup / 15 gm
Coconut (*nariyal*), grated for extracting
1 cup of coconut milk 1 cup / 100 gm / 3½ oz

Method:

1. Marinate the chicken pieces in the ginger and garlic pastes for 30 minutes.
2. Heat the ghee / oil in a pan. When hot, add the chicken pieces with the marinade. Fry until lightly brown all over. Add salt, yoghurt, and wholemilk fudge. Cook until the yoghurt is completely absorbed.
3. Add the green chillies, green coriander, and mint leaves; mix well. Add the coconut milk and simmer, covered, until the chicken becomes tender.

Serves: 4-6



Lamb

Shola Kebab

Spicy and aromatic lamb chunks

Ingredients:

Lamb, cut into boneless pieces	900 gm / 2 lb
Salt	4 tsp / 16 gm
Red chilli powder	4 tsp / 8 gm
White pepper (<i>safed mirch</i>) powder	a pinch
Fenugreek (<i>methi</i>) powder	a pinch
Green cardamom (<i>choti elaichi</i>) powder	a pinch
Garam masala	2 tsp / 4 gm
Onion (<i>kalonji</i>) seeds, crushed	2 tsp / 3 gm
Fennel (<i>moti saunf</i>), crushed	a pinch
Mustard seeds (<i>rai</i>), crushed	a pinch
Cumin (<i>jeera</i>) seeds, crushed	a pinch
Coriander (<i>dhaniya</i>) seeds, crushed	a pinch
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Raw papaya, grated	60 gm / 2 oz
Mustard oil	½ cup / 100 ml / 3½ fl oz
Vinegar (<i>sirka</i>)	4 tsp / 20 ml
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Butter for basting	4 tsp / 20 gm

Method:

1. Prepare the marinade by mixing all the ingredients (except butter) together.
2. Rub the mixture into the lamb pieces and keep aside for 1½ hours.
3. Skewer the lamb pieces and roast in a medium hot tandoor for 10-12 minutes. Baste with butter and roast again for 5 minutes.
4. Remove from skewers and serve hot.

Serves: 4



Peshawari Kebab

Succulent lamb coated with papaya and yoghurt

Ingredients:

Lamb, boneless, cut into 1" cubes.	1 kg / 2.2 lb
For the marinade:	
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Raw papaya paste	2 tsp / 10 gm
Salt to taste	
Red chilli powder	2 tsp / 4 gm
Garam masala	1 tsp / 2 gm
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Ginger (<i>adrak</i>) paste	1 tbsp / 18 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Ghee for basting	
Chaat masala	1 tsp / 2 gm
Juice of lemon (<i>nimbu</i>)	1

Method:

1. **For the marinade**, mix all the ingredients and rub well into the lamb. Leave aside for an hour.
2. Skewer the meat pieces and cook in a tandoor till half done.
3. Remove and leave to cool for 10 minutes.
4. Baste with ghee and cook for 8 more minutes.
5. Sprinkle with *chaat* masala and lemon juice. Serve hot with a green salad.

Serves: 4

Sakhat Kebab

Lamb kebabs stuffed with cheese

Ingredients:

Lamb, minced	900 gm / 2 lb
Salt	1 tsp / 4 gm
White pepper (<i>safed mirch</i>) powder	a pinch
Red chilli powder	½ tsp
Fenugreek (<i>methi</i>) powder	a pinch
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Green chillies, chopped	1½ tsp
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
For the filling:	
Processed cheese, grated	¾ cup / 150 gm / 5 oz
Green chillies, chopped	4 tsp
For the batter:	
Cornflour	6 tbsp / 60 gm / 2 oz
Refined flour (<i>maida</i>)	6 tbsp / 60 gm / 2 oz
Egg, whisked	1
Vinegar (<i>sirka</i>)	1 tsp / 5 ml
Salt to taste	
White pepper powder	a pinch
Ginger-garlic paste	1½ tsp / 9 gm
Water	1 cup / 250 ml / 8 fl oz
Vegetable oil for frying	

Method:

1. Mix the lamb mince with salt, white pepper powder, red chilli powder, fenugreek powder, ginger-garlic paste, green chillies, and green coriander. Refrigerate for 15 minutes.
2. **For the filling**, mix the 2 ingredients together and divide into 16 equal portions.
3. **For the batter**, mix cornflour with flour, egg, vinegar, salt, white pepper powder, ginger-garlic paste, and water.
4. Make 10 cm-long kebabs with the mince mixture and skewer in 4 equal parts. Roast in a tandoor for 5 minutes and remove. Allow to cool, remove from skewers.
5. Slit each kebab lengthwise and stuff the cheese mixture.
6. Dip the stuffed kebabs in the prepared batter and deep-fry in hot oil until crisp and golden brown. Remove and drain the excess oil on paper towels.
7. Serve hot with mint chutney (see p. 428)

Serves: 4



Kallan Kebab

Skewered rolls of lamb liver and kidney covered with chicken mince

Ingredients:

Lamb, minced	250 gm / 9 oz
Lamb kidney, finely chopped	120 gm / 4 oz
Lamb liver, finely chopped	120 gm / 4 oz
Salt	½ tsp / 2 gm
Red chilli powder	2 tsp / 4 gm
Garam masala	1 tsp / 2 gm
Fenugreek (<i>methi</i>) powder	a pinch
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tsp / 12 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Green chillies, chopped	1 tsp
Chicken, minced	500 gm / 1.1 lb
Salt	½ tsp / 2 gm
White pepper (<i>safed mirch</i>) powder	½ tsp / 1 gm
Garam masala	a pinch
Fenugreek powder	a pinch
Ginger-garlic paste	½ tsp / 3 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Butter for basting	4 tsp / 20 gm

Method:

1. Mix the lamb mince, kidney, liver, salt, red chilli powder, garam masala, fenugreek powder, ginger-garlic paste, green coriander, and green chillies together. Keep aside.
2. Skewer the lamb mince mixture and roast in a charcoal grill for 8-10 minutes. Remove from the grill, place the skewer upright to allow the excess moisture to drip off. Keep aside for 3-5 minutes.
3. Meanwhile, mix chicken mince with the remaining ingredients (except butter).
4. Apply a coating of the chicken mince mixture evenly over the lamb mince kebabs and roast again for 5-6 minutes.
5. Baste with butter and remove the kebabs from the skewers in 4 equal portions.
6. Serve immediately, accompanied by a green salad and mint chutney (see p. 428).

Serves: 4



Barah Kebab

Skewered and roasted lamb chops

Ingredients:

Lamb, chops and leg pieces	900 gm / 2 lb
For the marinade:	
Salt to taste	
Red chilli powder	2 tsp / 4 gm
Garam masala	4 tsp / 8 gm
Malt vinegar (<i>sirka</i>)	¾ cup / 150 ml / 5 fl oz
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Raw papaya paste	4 tsp / 20 gm
or <i>Kachri</i> (tenderizer)	4 tsp / 20 gm
Black cumin (<i>shahi jeera</i>) seeds	3 tbsp / 18 gm
Yoghurt (<i>dahi</i>)	¼ cup / 50 gm / 1¾ oz
Vegetable oil for basting	

Method:

1. **For the marinade**, mix all the ingredients together and rub into the lamb. Keep aside for 4 hours or overnight.
2. Skewer the pieces 1" apart and roast on a slow fire in a tandoor or charcoal grill for 15 minutes or till half done.
3. Stand at room temperature for 20 minutes. Baste with oil.
4. Roast or grill on slow fire for another 20 minutes till velvety brown.
5. Serve with onion rings and lemon wedges.

Serves: 4

Seekh Kebab

Spicy minced meat skewered and roasted

Ingredients:

Lamb, minced	500 gm / 1.1 lb
Black cardamom (<i>badi elaichi</i>)	2
Black peppercorns (<i>sabut kali mirch</i>)	2 tsp / 12 gm
Cinnamon (<i>dalchini</i>) powder	½ tsp / 1 gm
Cloves (<i>laung</i>)	2
Coconut (<i>nariyal</i>), grated	1 tbsp / 4 gm
Cream	2½ tbsp / 50 ml / 1¾ fl oz
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Garlic (<i>lasan</i>) paste	3 tsp / 18 gm
Ginger (<i>adrak</i>) paste	3 tsp / 18 gm
Gram flour (<i>besan</i>), roasted	3 tbsp / 30 gm / 1 oz
Mace (<i>javitri</i>) powder	½ tsp / 1 gm
Vegetable oil	1 tbsp / 15 ml
Brown onion paste (see p. 10)	2 tbsp / 50 gm / 1¾ oz
Poppy seeds (<i>khus khus</i>)	2 tsp / 4 gm
Raw papaya paste	1 tbsp / 15 gm
Red chilli powder	1 tsp / 2 gm
Yoghurt (<i>dahi</i>)	2 tbsp / 60 gm / 2 oz

Method:

1. Mix the mince with all the other ingredients. Knead well for 10 minutes. Let it stand for 10 minutes.
2. With wet hands, mould the mixture around the skewers pressing and shaping to about 5½"-long kebabs. Roast in a moderately hot tandoor for 12 minutes till they are browned uniformly.
3. The kebabs can also be slid off the skewers and cooked on a fine wire mesh of the grilling rack in a charcoal gas grill. Do not turn too often as they may split. Serve hot with mint chutney (see p. 428)

Serves: 4



Parsinda Kebab

Thin meat slices roasted on skewers

Ingredients:

Lean meat slab	450 gm
Blend together:	
Cloves (<i>laung</i>)	5
Green cardamom (<i>choti elaichi</i>)	5
Raw papaya paste	1½ tsp / 7½ gm
or <i>Kachri</i> (tenderizer)	1 tsp / 5 gm
Garlic (<i>lasan</i>), chopped	10 cloves
Onions, chopped	¼ cup / 30 gm / 1 oz
Ginger (<i>adrak</i>), chopped	2" piece / 15 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Coconut (<i>nariyal</i>), desiccated	2 tbsp / 8 gm
Nutmeg (<i>jaiphal</i>) powder	¼ tsp
Black peppercorns (<i>sabut kali mirch</i>)	16
Poppy seeds (<i>khus khus</i>)	1 tsp / 2 gm
Yoghurt (<i>dahi</i>)	¾ cup / 150 gm / 5 oz
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Butter for basting	

Method:

1. Cut meat into 3"-long, 1"-wide and ¾"-thick slice. Cut the slice into half without cutting through, leaving it joint at the end. Open the cut halves to make a single strip, approximately 6" long. Beat the joints with the back of a knife to flatten them a bit.
2. Blend all the ingredients except butter together to a fine paste.
3. Coat the strips with this mixture and leave to marinate for 3 hours.
4. Weave the skewer in and out of the meat strips at 4 points, at regular intervals. The meat will resemble a wavy line, with the skewer running through its centre.
5. Roast over an open charcoal fire or barbeque for 10 minutes. When one side is cooked, baste with butter and roast again for 3-5 minutes.
6. Serve as a salad with sliced onions, green chillies, and finely chopped mint leaves.

Serves: 4

Shammi Kebab

Melt-in-the-mouth lamb patties

Ingredients:

Lamb, finely minced, without any fat	1 kg / 2.2 lb
Bengal gram (<i>chana dal</i>), soaked for ½ hour	1¼ cups / 200 gm / 7 oz
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Ginger (<i>adrak</i>), 1" piece	1
Onion, medium-sized sliced, browned	1
Coriander (<i>dhaniya</i>) seeds, powdered	1 tbsp / 6 gm
Garam masala	2 tsp / 4 gm
Eggs	2
Green chillies, chopped	4
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Salt to taste	
Vegetable oil for frying	
Onion, cut into rings	1
Mint (<i>pudina</i>) leaves	10

Serves: 4-6

Method:

1. Add the lamb mince, drained Bengal gram, cumin seeds, ginger, and ½ cup water in a pressure cooker; cook till you hear the first whistle.
2. Turn off the flame, but do not open the cooker till the pressure dies down completely.
3. Now open the cooker, return to heat and cook till the mixture is completely dry. Remove and keep aside to cool.
4. When the mixture is cool enough to handle, add the browned onion and coriander powder. Grind the mixture on a stone slab or in a mixer.
5. Add the eggs, green chillies, green coriander, and salt. Mix well.
6. Divide the paste into 20 portions. Make small, round patties; slightly flatten them between your palms.
7. Refrigerate for 30 minutes before frying, to avoid the patties from breaking while frying.
8. Heat the oil in a wok (*kadhai*); deep-fry the patties, a few at a time, till brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen paper towels.
9. Serve hot garnished with onion rings and mint leaves.

Note: When the minced meat has fat in it, the kebabs or koftas will not bind properly. Always add the eggs a little at a time, to avoid getting a sticky paste. Very often one needs less egg than prescribed in the recipe.



Badaam Ke Shammi Kebab

Minced lamb cakes flavoured with almonds

Ingredients:

Lamb, minced	1 kg / 2.2 lb
Bengal gram (<i>chana dal</i>)	30 gm / 1 oz
Dry red chillies (<i>sookhi lal mirch</i>)	5
Green chillies, whole	5
Black cardamom (<i>badi elaichi</i>)	5
Bay leaves (<i>tej patta</i>)	5
Cinnamon (<i>dalchini</i>), 1" sticks	5
Cloves (<i>laung</i>)	10
Water	8 cups / 2 lt / 64 fl oz
Eggs	3
Salt	2 tsp / 4 gm
Almonds (<i>badaam</i>), slivered	½ cup / 60 gm / 2 oz
Vegetable oil for frying	

Method:

1. Boil the minced lamb with Bengal gram, dry red chillies, green chillies, and all the whole spices till the water evaporates.
2. Remove and discard all the whole spices from the mixture. Mash the mince well.
3. Add eggs and salt and knead well. Mix in the almonds.
4. Divide the mixture into even-sized balls and shape into cutlets.
5. Heat the oil in a wok (*kadhai*); deep-fry the cutlets until crisp and brown on all sides.
6. Remove and drain the excess oil on absorbent kitchen towels; serve hot.

Serves: 4



Boti Kebab

Succulent pieces of lamb barbecued to perfection

Ingredients:

Lamb, cut into boneless pieces	1 kg / 2.2 lb
Ginger-garlic (<i>adrak-lasan</i>) paste	½ cup
Salt to taste	
Lemon (<i>nimbu</i>) juice	5 tbsp / 75 ml / 2½ fl oz
Raw papaya paste	60 gm / 2 oz
Yoghurt (<i>dahi</i>), hung	¼ cup / 50 gm / 1¾ oz
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm
Red chilli powder	2 tsp / 4 gm
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Butter for basting	

Method:

1. Marinate the lamb with ginger-garlic paste, salt, lemon juice, and raw papaya paste. Keep aside for 30 minutes.
2. Prepare a second marinade by mixing all the other ingredients except butter. Marinate the lamb cubes with this marinade and keep aside for 2 hours.
3. Skewer the lamb cubes and roast in a tandoor / oven / grill for 15-20 minutes. Remove, baste with butter and roast again for 3-5 minutes.
4. Remove from skewers and serve hot.

Serves: 4

Cocktail Kebab

Ingredients:

Lamb, minced	500 gm / 1.1 lb
Bengal gram (<i>chana dal</i>), split	½ cup / 80 gm / 2¾ oz
Dry red chillies (<i>sookhi lal mirch</i>), chopped	4-5
Onions, medium-sized, chopped	2
Salt to taste	
Ginger (<i>adrak</i>), chopped	2 tsp / 12 gm
Garam masala	1½ tsp / 3 gm
Egg, slightly beaten	1
For the filling:	
Green coriander (<i>hara dhaniya</i>), chopped	1 tsp
Green chillies, finely chopped	1 tbsp
Onions, finely chopped	4 tbsp / 48 gm / 1¾ oz
Salt to taste	
Vegetable oil for frying	

Method:

1. Boil the minced lamb along with Bengal gram, red chillies, onions, salt, and ginger in 4 cups water till the meat and gram are tender. Strain the liquid.
2. Grind the mince into a very fine paste; add garam masala and beaten egg and knead well. Divide the mixture into 20 equal portions and keep aside.
3. **For the filling**, mix all the ingredients together and divide the mixture into 20 equal parts.
4. Flatten each part of the mince, put one part of stuffing in the centre and shape into balls, with wet hands if necessary.
5. Heat the oil in a flat pan till it starts smoking. Deep-fry the kebabs, a few at a time, till crisp and brown.
6. Serve hot, garnished with onion rings.

Serves: 4-6



Seekh Kebab Gilafi

Skewered lamb with capsicum

Ingredients:

Lamb, minced	1 kg / 2.2 lb
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Brown onion paste (see p. 10)	1 cup / 300 gm / 11 oz
Green chillies, minced	6
Garam masala	2 tsp / 4 gm
Red chilli powder	2 tsp / 4 gm
Salt	2 tsp / 8 gm
Vegetable oil	3 tbsp / 45 ml / 1½ oz
Processed cheese	¾ cup / 90 gm / 3 oz
Onions, finely chopped	1 cup / 120 gm / 4 oz
Capsicum (<i>Shimla mirch</i>), finely chopped	100 gm / 3½ oz
Butter for basting	
Tomatoes, deseeded, finely chopped	100 gm / 3½ oz

Method:

1. Mix the lamb mince with ginger paste, brown onion paste, green chillies, garam masala, red chilli powder, salt, oil, and processed cheese.
2. Mix together onions, capsicum, and tomatoes.
3. Squeeze out the excess water, if any, from the mince mixture and mix thoroughly. Keep aside for 2 hours.
4. Shape the mince mixture along the length of the skewers and coat with the vegetable mixture.
5. Roast in a tandoor / oven / grill for 10-15 minutes, basting with butter at regular intervals. Remove from skewers and serve hot.

Serves: 4

Ghule Kebab

Golden-fried lamb kebabs

Ingredients:

Lamb, minced	600 gm / 22 oz
Lamb fat, minced	100 gm / 3½ oz
Salt to taste	
Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Red chilli powder	2 tsp / 4 gm
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Garam masala	2 tsp / 4 gm
Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm
Onions, grated	5 tsp / 30 gm / 1 oz
Green chillies, finely minced	2 tsp
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Eggs, beaten	2
Gram flour (<i>besan</i>)	5 tsp / 25 gm
Pomegranate (<i>anar</i>) juice	2 tbsp / 30 ml / 1 fl oz
Vegetable oil for deep-frying	2½ cups / 500 ml / 16 fl oz
For the filling:	
Cottage cheese (<i>paneer</i>), grated	50 gm / 1¾ oz
Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm
Green chillies, finely chopped	2 tsp
Wholemilk fudge (<i>khoya</i>), grated	50 gm / 1¾ oz
Lemon juice	1 tsp / 5 ml
Maize flour (<i>makke ka atta</i>)	1 tsp / 2 gm
Milk	1 tbsp / 15 ml
Onions, fried golden brown	1 cup / 120 gm / 4 oz
Saffron (<i>kesar</i>)	a pinch
Salt to taste	
Yellow chilli powder	1 tsp / 2 gm

Method:

1. Mix together the lamb mince, lamb fat, salt, lemon juice, coriander powder, red chilli powder, black cumin seeds, garam masala, green cardamom powder, onions, green chillies, green coriander, and ginger.
2. Mince finely, twice over; refrigerate for 2 hours till the mince is chilled.
3. In a bowl, combine the mince-mixture and beaten eggs and mix thoroughly. Add the gram flour and pomegranate juice. Adjust salt to taste.
4. Divide the mixture into 15 equal portions, roll into balls and keep in the refrigerator.
5. In another bowl, mix the ingredients for the filling and divide the mixture into 15 portions.
6. Fill each mince ball with a portion of the stuffing, making it pear-shaped.
7. Heat the oil in a wok (*kadhai*) on medium heat; deep-fry the balls, 5 pieces at a time, until crisp and golden. Remove and drain the excess oil on absorbent kitchen paper towels.
8. Serve hot with chutney and green salad.

Serves: 4-5



Ghar Ke Chaamp

Vinegar-flavoured ribs

Ingredients:

Lamb ribs, double	1 kg / 2.2 lb
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Onions, minced	3 cups / 900 gm / 2 lb
Cinnamon (<i>dalchini</i>), 1" sticks	2
Salt to taste	
Sugar	2 tsp / 6 gm
Red chilli powder	1 tsp / 2 gm
Malt vinegar (<i>sirka</i>)	½ cup / 100 ml / 3½ fl oz
Garam masala	1 tsp / 2 gm

Method:

1. Heat the oil in a deep-bottomed vessel; add onions and cinnamon sticks. Sauté until the onions become translucent. Add the ribs, stir and add 1 lt / 32 fl oz of warm water, salt, sugar, red chilli powder, vinegar, and garam masala; bring to the boil.
2. Reduce heat to low and cover the pan. Cook until the ribs are tender and very little gravy remains.

Serves: 6-8



Fenugreek-Flavoured Grilled Lamb Cubes

Ingredients:

Lamb (leg or shoulder), cut into boneless cubes	1 kg / 2.2 lb
Ginger-garlic (<i>adrak-lasan</i>) paste	6 tbsp / 108 gm / 3½ oz
Vinegar (<i>sirka</i>)	3 tbsp / 45 ml / 1½ fl oz
Red chilli powder	2 tsp / 4 gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Salt to taste	
Cream	3 tbsp / 45 ml / 1½ fl oz
Cheese	3 tbsp / 45 gm / 1½ oz
Garam masala	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Saffron (<i>kesar</i>)	a pinch
Dry fenugreek (<i>kasoori methi</i>) powder	½ tsp
Butter for basting	

Method:

1. Mix ginger-garlic paste, vinegar, red chilli powder, black pepper, and salt together.
2. Marinate the lamb cubes in the prepared mixture for 2 hours.
3. In another bowl, mix cream, cheese, garam masala, cumin powder, saffron, and fenugreek powder. Add the marinated lamb and keep aside for 1 hour.
4. Preheat oven to 180°C / 350°F. Skewer the lamb cubes, 2 cm apart. Roast in oven / charcoal grill / tandoor for 8-10 minutes. Hang the skewers for a few minutes to allow the excess marinade to drip off. Baste with butter and cook for another 3-4 minutes.
5. Serve hot, garnished with green coriander and cream, lemon wedges and onion rings.

Serves: 4-5

Potato-Coated Lamb Chops

Ingredients:

Lamb chops	12
Water	2 cups / 500 ml / 16 fl oz
Onion, medium-sized, sliced	1
Ginger (<i>adrak</i>), sliced	1 tsp / 6 gm
Garlic (<i>lasan</i>) cloves	6
Black peppercorns (<i>sabut kali mirch</i>)	6-8
Cinnamon (<i>dalchini</i>), 1" stick	1
Black cardamom (<i>badi elaichi</i>)	2
Cloves (<i>laung</i>)	4
Salt to taste	
For the coating:	
Potatoes, boiled, peeled, mashed	500 gm / 1.1 lb
Ginger, finely chopped	1 tsp / 6 gm
Green chillies, finely chopped	2
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Black pepper (<i>kali mirch</i>) powder	½ tsp / 1 gm
Red chilli powder	½ tsp / 1 gm
Salt to taste	
Breadcrumbs, powdered	

Method:

1. Put the chops in a pan. Add water, onion, ginger, garlic, black peppercorns, cinnamon stick, black cardamom, cloves, and salt. Cover the pan and let the chops simmer on low heat till tender. Remove from the stock and keep aside.
2. **For the coating**, add ginger, green chillies, green coriander, black pepper powder, red chilli powder, and salt to the potatoes. Mix well.
3. Divide the potato mixture into 12 portions.
4. With wet palms, spread one portion of the potato mixture. Place a chop in the middle and wrap the mashed potato around it, shaping it well. Prepare the remaining chops similarly and keep aside.
5. Spread the powdered breadcrumbs in a flat tray. Coat each chop evenly with the breadcrumbs and keep aside.
6. Heat the oil in a wok (*kadhai*) till it starts smoking; fry the chops, two at a time, till they are crisp and nicely browned from all sides. Remove and drain the excess oil on paper towels and serve with salad.

Serves: 5



Khatta Pudina Chops

Tangy mint lamb chops

Ingredients:

Lamb chops, cleaned	1 kg / 2.2 lb
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
White pepper (<i>safed mirch</i>)	1 tbsp / 5 gm
Garam masala	2 tsp / 4 gm
Lemon (<i>nimbu</i>) juice	5 tsp / 25 ml
Salt to taste	
Cream	4 tbsp / 80 ml / 2¾ fl oz
Yoghurt (<i>dahi</i>), drained	¾ cup / 150 gm / 5 oz
Mint chutney (see p. 428)	1¼ cups / 250 gm / 9 oz
Cornflour	2 tbsp / 20 gm
Papaya paste (optional)	3 tbsp / 45 gm / 1½ oz
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Ginger (<i>adrak</i>) paste	1 tbsp / 18 gm
Fenugreek (<i>methi</i>) powder	1 tsp / 2 gm
Vegetable oil for basting	

Method:

1. Mix cumin powder, white pepper, garam masala, lemon juice, and salt together. Rub the paste into the lamb chops and marinate for 1 hour.
2. Mix cream, yoghurt, mint chutney, and cornflour. Add the remaining ingredients (except oil) and whisk to a fine paste. Mix with lamb chops and marinate for another 2½-3 hours.
3. Skewer lamb chops 2 cm apart and roast in a preheated (180°C / 350°F) oven / tandoor / charcoal grill for 8-10 minutes. Hang the skewers for a few minutes to allow the excess marinade to drip off. Baste with oil and roast for another 4-5 minutes.
4. Sprinkle lemon juice, garnish with slices of cucumber, tomato, and onion; serve hot.

Serves: 5

Erachi Ulathiatu

Fried lamb flavoured with coconut

Ingredients:

Lamb, boneless, cut into ½" pieces	500 gm / 1.1 lb
Coconut (<i>nariyal</i>) oil	½ cup / 100 ml / 3½ fl oz
Coconut, pieces	4 tbsp
Turmeric (<i>haldi</i>) powder	¼ tsp

Roast and powder:

Coriander (<i>dhaniya</i>) seeds	2 tbsp / 12 gm
Dry red chillies (<i>sookhi lal mirch</i>)	10
Cinnamon (<i>dalchini</i>), 1" sticks	3
Cloves (<i>laung</i>)	6
Black peppercorns (<i>sabut kali mirch</i>)	8
Button onions, sliced	12
Ginger (<i>adrak</i>), sliced, ½" piece	1
Curry leaves (<i>kadhi patta</i>)	15
Salt to taste	

Method:

1. Heat 2 tbsp coconut oil in a wok (*kadhai*); add the pieces of coconut and turmeric powder. Sauté for a while and keep aside.
2. Mix the lamb with the roasted, powdered spices, the button onions, ginger, curry leaves, and salt in a wok.
3. Add enough water to cook the lamb dry.
4. Bring the lamb mixture to the boil. Cover and simmer till tender and dry.
5. Heat the remaining coconut oil; add the cooked lamb and fry well.
6. Garnish with fried pieces of coconut and serve hot with steamed rice.

Serves: 2-3



Erachi Porichathu

Fried lamb flavoured with aniseed

Ingredients:

Lamb, boneless	250 gm / 9 oz
Aniseed (<i>saunf</i>)	2 tsp / 4 gm
Garlic (<i>lasan</i>), pod	1
Salt to taste	
Turmeric (<i>haldi</i>) powder	a pinch
Red chilli powder	2 tsp / 4 gm
Water	2 cups / 500 ml / 16 fl oz
Vegetable oil for frying	

Serves: 2-4

Method:

1. Grind the aniseed, garlic, and salt to a smooth paste. Marinate the lamb with the paste for half an hour. Keep aside.
2. In a non-stick pan, add the lamb, turmeric powder, and red chilli powder and cook on low heat for 45 minutes or till the water is completely absorbed and the lamb is tender. Keep aside.
3. Heat the oil in the wok (*kadhai*); deep-fry the lamb till golden brown.
4. Serve hot.

Erachi Varatiyathu

Masala lamb

Ingredients:

Lamb	250 gm / 9 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onions, big, sliced	3
Grind to a paste:	
Green chillies	4
Ginger (<i>adrak</i>)	1 tsp / 6 gm
Garlic (<i>lasan</i>), pod	1
Aniseed (<i>saunf</i>)	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Red chilli powder	1 tsp / 2 gm
Garam masala	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	¼ tsp
Salt to taste	
Tomatoes, chopped	2
Sugar	1 tsp / 3 gm
Juice of lemon (<i>nimbu</i>)	1
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Heat the oil in a pan; add the onions, green chilli paste, red chilli powder, garam masala, and turmeric powder. Sauté well.
2. Add the lamb and sauté till the oil separates. Add enough water to cook the lamb and still have a thick gravy.
3. When the lamb is almost done, add salt, tomatoes, sugar, and lemon juice. Cook till the lamb is tender. Serve hot, garnished with green coriander.

Serves: 2-4



Jardaloo Ma Gosht

Lamb with dried apricots

Ingredients:

Lamb, cut	500 gm / 1.1 lb
Dried apricots (<i>khumani</i>), deseeded, soaked for 4 hours	250 gm / 9 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onions, chopped	2-3
Grind to a paste:	
Garlic (<i>lasan</i>) cloves	6-8
Ginger (<i>adrak</i>), 2" piece	1
Salt to taste	
Cinnamon (<i>dalchini</i>), 2" stick	1
Sugar to taste	

Method:

1. Heat the oil in a wok (*kadhai*); sauté the onions till golden brown. Add the ginger-garlic paste and sauté for 5-8 minutes.
2. Add the lamb, salt, and cinnamon stick. Sauté for a few minutes. Add enough water to cook the lamb till tender.
3. In another pan, brown the sugar. Add the apricots with the soaked water. Bring the mixture to the boil. Lower heat and cook till the apricots turn soft.
4. Mix the apricot mixture with the cooked lamb. Heat again and serve hot.

Serves: 4-6

Subz Gosht

Lamb with turnips and spinach

Ingredients:

Lamb, boneless, cut into cubes	1 kg / 2.2 lb
Turnips (<i>shalgam</i>), cut into cubes	250 gm / 9 oz
Spinach (<i>palak</i>), roughly chopped	500 gm / 1.1 lb
Mustard (<i>sarson</i>) oil	¼ cup / 50 ml / 1¾ fl oz
Onions, sliced	1 cup / 120 gm / 4 oz
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Tomatoes, chopped	250 gm / 9 oz
Red chilli powder	1 tsp / 2 gm
Cloves (<i>laung</i>)	8
Cinnamon (<i>dalchini</i>), 1" stick	1
Green cardamom (<i>choti elaichi</i>)	5
Mace (<i>javitri</i>)	5 blades

Method:

1. Heat the mustard oil in a wok (*kadhai*); add the onions and sauté till light brown. Add the lamb, turnips, and spinach. Sauté for a while.
2. Add the garlic paste, ginger paste, and turmeric powder. Sauté for 30 minutes, and mix in the salt.
3. When the lamb is browned, add the tomatoes and red chilli powder. Mix well.
4. Grind the cloves, cinnamon stick, green cardamom, and mace to a fine powder.
5. When the lamb is half cooked, add the ground spices. Cook on low heat till the mixture is almost dry and the lamb is tender.
6. Serve hot with steamed rice or roti.

Serves: 6



Khada Masala Gosht

Lamb cooked with whole spices

Ingredients:

Lamb, cut into pieces	1 kg / 2.2 lb
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onions, finely chopped	2
Fennel (<i>moti saunf</i>) seeds	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Cloves (<i>laung</i>)	8
Cinnamon (<i>dalchini</i>), 2" stick	1
Green cardamom (<i>choti elaichi</i>)	5
Ginger (<i>adrak</i>) paste	1 tbsp / 18 gm
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Salt to taste	
Yoghurt (<i>dahi</i>)	1½ cups / 250 gm / 9 oz
Garam masala	½ tsp / 1 gm

Method:

1. Heat the oil in a pan; add the onions, sauté till light brown. Add the whole and powdered spices, lamb, ginger paste, garlic paste, salt, and yoghurt; mix well.
2. Cover with a thick lid that can hold about 1 cm of water on it, and cook on low heat for 2 hours.
3. Remove the lid and continue to cook if you want the preparation to be dry.
4. Add garam masala, mix well and serve hot.

Note: This is dum pukht style of cooking. The lamb cooks in its own juices and as long as there is water on the lid, the ingredients inside the pan will never burn.

Serves: 6

Bhuna Gosht

Fried lamb marinated in ginger-garlic paste

Ingredients:

Lamb, cut into pieces	450 gm / 1 lb
Garlic (<i>lasan</i>) cloves	2 tsp / 12 gm
Ginger (<i>adrak</i>)	2 tsp / 12 gm
Red chilli powder	2 tsp / 4 gm
Turmeric (<i>haldi</i>) powder	¼ tsp
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Salt	1 tsp / 4 gm

Serves: 2-4

Method:

1. Combine the garlic, ginger, red chilli powder, and turmeric powder together and grind to a fine paste. Rub this paste into the lamb. Set aside to marinate for half an hour.
2. Heat the oil in a wok (*kadhai*); add the lamb and salt. Cover and cook on low heat for about 15 minutes or till the lamb is tender. Fry gently until it turns brown.
3. Serve hot.



Masala Tandoori Gosht

Spicy lamb steaks

Ingredients:

Lamb steaks (2"x 2")	8
For the marinade:	
Onion, minced	1
Garlic (<i>lasan</i>), crushed	1 tbsp / 18 gm
Green chilli paste	1 tbsp / 15 gm
Poppy seeds (<i>khus khus</i>), ground	1 tbsp / 15 gm
Garam masala	1 tbsp / 5 gm
Salt to taste	

Method:

1. For the marinade, mix all the ingredients together. Rub into the lamb steaks. Marinate for 2 hours.
2. Roast in charcoal grill / tandoor till cooked as desired.
3. Serve hot, garnished with onion rings and accompanied by pickled green chillies.

Serves: 4

Bhute Mahsoo

Boneless lamb with an assortment of spices

Ingredients:

Lamb, boneless, without fat, cut into small cubes	500 gm / 1.1 lb
Mustard (<i>sarson</i>) oil	½ cup / 100 ml / 3½ fl oz
Ginger (<i>adrak</i>) paste	1½ tsp / 9 gm
Garlic (<i>lasan</i>) paste	1½ tsp / 9 gm
Onion paste	½ cup / 150 gm / 5 oz
Cloves (<i>laung</i>)	5
Green cardamom (<i>choti elaichi</i>), cracked	5
Cinnamon (<i>dalchini</i>), 1" stick	1
Black cardamom (<i>badi elaichi</i>) seeds, crushed	2
Star anise (<i>chakri phool</i>) powder	1 tsp / 1½ gm
Black peppercorns (<i>sabut kali mirch</i>)	10
Red chilli powder	3 tsp / 6 gm
Salt to taste	

Method:

1. Heat the mustard oil in the frying pan until it starts smoking; add ginger, garlic and onion pastes and sauté until golden brown in colour. Reduce heat and add cloves, green cardamom, cinnamon stick, and black cardamom seeds. Stir until they crackle.
2. Add the lamb and cook for 10 minutes, stirring constantly, until the water has evaporated. Fry until brown in colour; add star anise powder, black peppercorns, red chilli powder, and salt to taste. Stir well; add 1 cup of water and simmer until the lamb is tender and little or no water remains.

Serves: 4



Elaichi Gosht

Cardamom-flavoured lamb

Ingredients:

Lamb, cut into 1" pieces	1 kg / 2.2 lb
For the paste:	
Onions, medium-sized, cut into 4 pieces each	2
Garlic (<i>lasan</i>) cloves	20
Green chillies	10 / 30 gm / 1 oz
Almonds (<i>badaam</i>), blanched, peeled, ground	15 / 12 gm
Poppy seeds (<i>khus khus</i>), ground	1 tsp / 2 gm
Unsalted butter	½ cup / 75 gm / 2½ oz
Green cardamom (<i>choti elaichi</i>), cracked	10
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Salt to taste	
Cream	1 cup / 200 ml / 7 fl oz
Green cardamom powder	2 tsp / 4 gm
Green coriander (<i>hara dhaniya</i>), evenly chopped	1 tbsp / 4 gm

Method:

1. Blend the ingredients for the paste with a little water to make a smooth paste.
2. Heat the unsalted butter; add green cardamom and stir. Then add the paste and stir until it changes colour. Add the lamb with the yoghurt, salt, and 2½ cups of water. Reduce heat and cover. Cook, stirring occasionally, until the lamb becomes tender.
3. Reduce the heat further, add the cream and the cardamom powder; bring the mixture to the boil and remove from heat immediately. Stir once and remove from heat. Serve garnished with green coriander.

Serves: 4

Gosht Aur Gobhi Do Pyaza

Cauliflower and lamb – a two-in-one delight

Ingredients:

Lamb, boneless, cut into cubes	500 gm / 1.1 lb
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Red chilli powder	2 tsp / 4 gm
Cumin (<i>jeera</i>) powder	1½ tsp / 3 gm
Black pepper (<i>kali mirch</i>) powder	2 tsp / 4 gm
Salt to taste	
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Onions, chopped	1½ cups / 300 gm / 11 oz
Yoghurt (<i>dahi</i>), whisked	½ cup / 100 gm / 3½ gm
Cauliflower (<i>phool gobhi</i>), small, only the florets	1

Serves: 4

Method:

1. Marinate the lamb in the garlic and ginger pastes, red chilli powder, cumin powder, black pepper powder, and salt. Keep aside for 15 minutes.
2. Heat the ghee / oil in an earthen pot; add onions and sauté until light brown. Reduce heat and add the yoghurt, stirring all the time, until well blended. Add the marinated lamb pieces. Cook on low heat until all the water evaporates and the lamb turns brown in colour. Add 1 cup of water and cook until the lamb becomes tender and a little water remains.
3. Add the cauliflower to the lamb and stir to mix well. Cover the earthen pot and cook without stirring until the cauliflower is done.



Gosht Do Rukh Ka

Spicy lamb

Ingredients:

Lamb, cut into pieces	500 gm / 1.1 lb
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Onions, finely chopped	1 cup / 120 gm
Salt to taste	
Ginger (<i>adrak</i>) paste	2½ tsp / 15 gm
Garlic (<i>lasan</i>) paste	2½ tsp / 15 gm
Green cardamom (<i>choti elaichi</i>), cracked	3
Black cardamom (<i>badi elaichi</i>), cracked	2
Cloves (<i>laung</i>)	3
Cinnamon (<i>dalchini</i>), 1" sticks	2
Black pepper (<i>kali mirch</i>) powder	¾ tsp / 1½ gm
Red chilli powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	2½ tsp / 4 gm
Tomato purée	¾ cup
Cumin (<i>jeera</i>) powder	2½ tsp / 7½ gm
Green coriander (<i>hara dhaniya</i>), chopped	1½ tbsp / 6 gm

Method:

1. Heat the ghee / oil; add the onions and fry until brown. Add the lamb with the salt. Reduce heat and fry until the water evaporates and the lamb turns light brown. Add the ginger and garlic pastes. Stir and roast, adding a few tablespoons of water, until the lamb becomes deep brown in colour. Add the green and black cardamom, cloves, cinnamon sticks, and black pepper powder. Stir for 15 seconds. Add water, bring to the boil and simmer, keeping the pan covered, until the lamb becomes tender and some water remains.
2. Add red chilli powder, turmeric powder, coriander powder, tomato purée, cumin powder, and green coriander; cook until well blended. Add water if a thick gravy is required.

Serves: 4

Gosht Falaknuma

Masala lamb in yoghurt sauce

Ingredients:

Lamb, cubed, boneless	500 gm / 1.1 lb
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Salt to taste	
For the masala:	
Onions, sliced	¾ cup / 90 gm / 3 oz
Red chilli powder	1 tsp / 2 gm
Garam masala	2 tsp / 4 gm
Treacle or brown sugar, dissolved in 2 tbsp water	1 tbsp / 15 ml
Green chillies, thinly sliced	5 / 15 gm
Almonds (<i>badaam</i>), blanched, peeled and ground to a paste	25 / 20 gm
Yoghurt (<i>dahi</i>), hung in a muslin cloth for at least 2 hours and then whisked	3 cups / 600 gm / 22 oz
Green coriander (<i>hara dhaniya</i>), fresh, chopped	1 tbsp / 4 gm
Saffron (<i>kesar</i>), dissolved in 4 tbsp of hot water	½ tsp / ½ gm

Method:

1. Heat half the ghee / oil in a pan; add ginger and garlic pastes and cook until golden in colour. Add the lamb and salt. Stir and add just enough water which will dry when the lamb becomes tender.
2. **For the masala**, in a frying pan, heat the remaining ghee / oil. Add the onions and sauté until golden in colour. Add red chilli powder, garam masala, treacle water, green chillies, and almond paste. Add ½ cup water and cook until the water dries up completely.
3. Reheat the cooked lamb and add the masala to it. Stir, add yoghurt and green coriander. Mix well, add the saffron and simmer until the oil comes to the surface.

Serves: 4



Gosht Ka Salan

Spiced lamb cooked in milk

Ingredients:

Lamb	1 kg / 2.2 lb
Ghee / Vegetable oil	1 cup / 200 gm / 7 oz
Cloves (<i>laung</i>)	6
Cinnamon (<i>dalchini</i>), 1" sticks	2
Red chilli powder	1 tsp / 2 gm
Black peppercorns (<i>sabut kali mirch</i>)	20
Sugar	1 tsp / 3 gm
Garam masala	1 tsp / 2 gm
Full-cream milk	1¼ cups / 250 ml / 8 fl oz
Water	1¼ cups / 310 ml / 11 fl oz
Salt to taste	

Method:

1. Heat the ghee / oil in an earthen pot; add cloves, cinnamon sticks, red chilli powder, black peppercorns, lamb, and salt. Fry until the lamb turns light brown in colour.
2. Add the sugar and stir. Then add water. Bring to the boil, reduce heat and simmer until the lamb becomes tender and the water is absorbed.
3. Add garam masala. Stir, reduce heat further and add the milk. Cook uncovered for a further 10-12 minutes.

Serves: 6-8

Gosht Lazeez

Lamb with the subtle flavour of black pepper and coconut milk

Ingredients:

Lamb, cut into pieces	1 kg / 2.2 lb
Ghee / Vegetable oil	¾ cup / 150 gm
Dry red chillies (<i>sookhi lal mirch</i>)	4
Onions, chopped	1½ cups / 180 gm / 6 oz
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Red chilli powder	1½ tsp / 3 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	2½ tsp / 4 gm
Salt to taste	
Garlic (<i>lasan</i>) paste, added to	
¾ cup warm water	2 tsp / 12 gm
Coconut (<i>nariyal</i>)	
milk, thick	2 cups / 400 ml / 14 fl oz
Black peppercorns (<i>kali mirch</i>), coarsely	
ground to a powder	1 tsp / 2 gm
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml

Method:

1. Heat the ghee / oil in a heavy-bottomed vessel; add dry red chillies. Fry until they are almost black in colour, then add onions. Sauté until translucent. Add the ginger paste and stir-fry for a minute. Add the red chilli powder, turmeric powder, coriander powder, and salt.
2. Add the lamb and stir and roast with the garlic water until the water is absorbed. The lamb should be brown in colour.
3. Add the coconut milk to ½ cup warm water and cook on low heat until the lamb becomes tender and the gravy, thick.
4. Add the black pepper powder and lemon juice. Stir and heat thoroughly.

Serves: 6-8



Gosht Sadagi

Succulent lamb pieces

Ingredients:

Lamb, cut into pieces	500 gm / 1.1 lb
Garlic (<i>lasan</i>) paste	3 tsp / 18 gm
Ginger (<i>adrak</i>) paste	3 tsp / 18 gm
Cumin (<i>jeera</i>) powder	1½ tsp / 2 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	1½ tsp / 3 gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Onions, finely chopped	¾ cup / 90 gm / 3 oz
Yoghurt (<i>dahi</i>), whisked	½ cup / 100 gm / 3½ oz
Tomato purée	2½ tbsp / 50 gm / 1¾ oz
Garam masala	1 tsp / 2 gm
Salt to taste	

Method:

1. Marinate the lamb in the garlic and ginger pastes, cumin powder, turmeric powder, red chilli powder, and black pepper powder for half an hour.
2. Heat the ghee / oil in a pan; fry the onions until brown. Add the lamb and cook until brown. Add a few tablespoons of water, in case it sticks to the bottom.
3. Add the yoghurt, tomato purée, and salt. Stir and cook until the water evaporates. Add water and cook until the lamb is tender. Sprinkle garam masala and stir to mix well.

Serves: 4

Kheema Na Pattice

Minced lamb patties

Ingredients:

Lamb, minced	750 gm / 26 oz
For the filling:	
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onions	2
Ginger (<i>adrak</i>), 1" piece	1
Garlic (<i>lasan</i>) cloves	6
Green chillies, seeded	2
Green coriander (<i>hara dhaniya</i>)	½ cup / 12 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Salt to taste	
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Potatoes, boiled, mashed	1½ kg / 3.3 lb
Refined flour (<i>maida</i>)	5 tbsp / 50 gm / 1¾ oz
Salt to taste	
Vegetable oil for	
shallow frying	1 cup / 200 ml / 7 oz
Eggs, beaten	4
Breadcrumbs as required	

Method:

1. **For the filling**, heat the oil in a pan; sauté the onions till brown. Add the remaining ingredients (except lemon juice) and the lamb; sauté. Add a little water if required and cook till the lamb is brown and the mixture is completely dry.
2. Now, add the lemon juice. Mix well and keep aside to cool.
3. Mix the mashed potatoes with the refined flour and salt; knead well.
4. Take a spoonful of the potato mixture and flatten it with wet palms. Make a hollow in the centre and stuff 1½ tsp filling. Fold over the edges to seal the filling inside, and shape into a small round or oval cake. Repeat till all the cakes are done.
5. Heat the oil in a frying pan; dip each cake in the egg, coat with breadcrumbs and shallow fry, turning over just once. Remove with a slotted spoon and drain the excess oil on absorbent paper towels. Repeat with the other cakes. Serve hot.

Serves: 6-8



Buzith Mahts

Fried minced cutlets

Ingredients:

Lamb, minced	500 gm / 1.1 lb
Red chilli powder	½ tsp / 1 gm
Ginger powder (<i>sonth</i>)	½ tsp / 1 gm
Aniseed (<i>saunf</i>) powder	1 tsp / 2 gm
Garam masala	½ tsp / 1 gm
Gram flour (<i>besan</i>) powder, roasted (optional)	1 tbsp / 10 gm
Salt to taste	
Asafoetida (<i>hing</i>)	a pinch
Black cardamom (<i>badi elaichi</i>) seeds	1
Yoghurt (<i>dahi</i>)	1 tbsp / 30 gm / 1 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Vegetable for frying	1 cup / 200 ml / 7 fl oz

Method:

1. Mix together all the ingredients except the oil for frying.
2. Knead with your hands till the mixture is well blended. Divide the mixture into 15-16 equal portions. Shape each portion into flat round cutlets. Put aside.
3. Heat the oil (for frying) in a pan. Shallow fry the cutlets a few at a time, on high heat until golden brown on both sides.
4. Serve hot as a snack with tea or drinks.

Serves: 6-8

Mangsho Cutlet

Bengali style lamb cutlets

Ingredients:

Lamb, minced	500 gm / 1.1 lb
Bread slices	2
Garam masala	½ tsp
Onion, finely chopped	1
Green chillies finely chopped	4
Mint (<i>pudina</i>) leaves	1 tsp
Salt to taste	
Eggs, whisked	8
Breadcrumbs	½ cup / 60 gm / 2 oz
Coriander (<i>dhaniya</i>) seeds	1 tsp / 2 gm
Ghee	1¼ cups / 250 gm / 9 oz

Method:

1. Dip the bread slices in water, soaking them well. Remove and squeeze out all the water.
2. Mix together the lamb mince, bread slices, garam masala, onion, green chillies, mint leaves, and salt. Keep aside for 1 hour.
3. Divide the mixture into 10 portions; shape each portion into flat cutlets. Keep them aside on a tray.
4. Add salt to the eggs and stir.
5. Heat the ghee in a wok (*kadhai*); dip the cutlets in the egg mixture, then roll in the breadcrumbs and fry until golden brown. Drain the excess oil and serve.

Serves: 4



Lamb Samosa

Deep-fried patties stuffed with minced lamb

Ingredients:

Lamb, minced	200 gm / 7 oz
Refined flour (<i>maida</i>)	1 cup / 100 gm / 3½ oz
Salt	½ tsp / 2 gm
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz
Onion, big, chopped	1
Ginger-garlic (<i>adrak-lasan</i>) paste	1 tsp / 6 gm
Turmeric (<i>haldi</i>) powder	a pinch
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Garam masala	a pinch
Green chillies, chopped	1 tbsp
Green coriander (<i>hara dhaniya</i>), chopped	½ bunch
Vegetable oil for frying	

Method:

1. Sieve the refined flour with salt and knead with enough water to make a hard dough. Cover the dough with a moist cloth.
2. Heat the oil in a pan; add the onion and ginger-garlic paste and sauté for a minute. Add the remaining ingredients except the oil. Cook till the lamb is done. Remove from heat and keep aside.
3. Divide the dough into lemon-sized balls. Roll each ball into 4"-diameter discs. Place 1 tbsp of lamb mixture in half of the disc. Fold the other half over, enclosing the filling. Pinch the edges to seal.
4. Heat the oil in a wok (*kadhai*); deep-fry the patties till golden brown. Serve hot with tomato sauce.

Serves: 4

Meat Puffs

Ingredients:

Lamb, minced	250 gm / 9 oz
Refined flour (<i>maida</i>)	3 tbsp / 30 gm / 1 oz
Baking powder	¼ tsp
Eggs, whisked	3
Green chillies, finely chopped	2
Green coriander (<i>hara dhaniya</i>), chopped	5 tbsp / 20 gm
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Vegetable oil for frying	
<i>Chaat masala</i>	1 tbsp

Serves: 4

Method:

1. Sift flour and baking powder in a bowl. Add the eggs and mix well. Gradually add enough water to make a thick, creamy batter, whisking well.
2. Stir in the lamb, green chillies, coriander, red chilli powder, turmeric powder, and salt. The mixture should be like stiff porridge (*daliya*). Keep aside and allow to ferment for 1 hour.
3. Heat the oil in a frying pan till it starts smoking. Drop in a few spoonfuls of meat batter at a time; lower heat and fry meat puffs on each side till crisp and brown. Drain the excess oil. Sprinkle *chaat masala* and serve hot, accompanied by chutney and salad.



Raan-e-Dum

Leg of lamb, slow oven style

Ingredients:

Leg of lamb	1 kg / 2.2 lb
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Malt vinegar (<i>sirka</i>)	5 tbsp / 75 ml / 2½ oz
Spring onions, chopped	20 gm
Ginger, chopped	150 gm / 5 oz
Green chillies, chopped	10 gm
Green coriander (<i>hara dhaniya</i>), chopped	2½ tbsp / 10 gm
Mint (<i>pudina</i>), chopped	2 tsp
Garlic, chopped	2½ tbsp / 30 gm / 1 oz
Cheese, grated	60 gm / 2 oz
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Garam masala	½ tsp / 1 gm
White butter	5 tbsp / 100 gm / 3½ oz
Onion rings	½ cup / 60 gm / 2 oz
Pineapple, chopped	1 cup
<i>Chaat masala</i>	1 tsp / 2 gm
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml

Method:

1. Remove the thigh bone from the lamb leg. Marinate the lamb in a mixture of red chilli powder, salt, ginger and garlic pastes, and half the malt vinegar. Keep aside for 4 hours.
2. Mix spring onions, ginger, green chillies, green coriander, mint, and garlic together. Add cheese and black cumin seeds. Stuff the leg of lamb with this mixture.
3. Sew the open end of the leg with a needle and thread. Prick the leg with a fork.
4. Arrange the leg in a big baking tray. Pour over the remaining malt vinegar and sprinkle garam masala.
5. Cover with aluminium foil. Roast in a preheated oven (180°C / 350°F) for 1½ hours.
6. Heat the butter in a pan; sauté the onion rings. Add pineapple and *chaat masala*. Mix well and remove from heat.
7. Slice the leg open and garnish with pineapple and onion mixture. Squeeze lemon juice on top and serve hot.

Serves: 4

Raan

Roast leg of lamb flavoured with yoghurt

Ingredients:

Leg of lamb	1
For the marinade:	
Brown onion paste	
(see p. 10)	4 tbsp / 100 gm / 3½ oz
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Green cardamom (<i>choti elaichi</i>) powder	½ tsp / 1 gm
Yoghurt (<i>dahi</i>)	4 tbsp / 120 gm / 4 oz
Red chilli powder	2 tsp / 4 gm
Salt to taste	
Garam masala	½ tsp / 1 gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Saffron (<i>kesar</i>)	a pinch

Vegetable oil for basting

Chaat masala to taste

Method:

1. Clean the leg of lamb and prick thoroughly down to the bone with a fork. Mix all the ingredients of the marinade together. Apply evenly on the lamb and leave to marinate for 2 hours.
2. Place the leg in a baking tray with 2 cups water. Bake in a preheated (180°C / 350°F) oven for at least 1 hour turning the leg twice / thrice to ensure that the leg cooks evenly. Roast till the liquid dries up.
3. Baste with oil and grill / roast in a moderately hot tandoor till well done.
4. Sprinkle *chaat masala* and garnish with onion rings. Serve with mint chutney (see p. 428).

Serves: 4



Pão com Chouriço

Goa sausage rolls

Ingredients:

Goa sausage meat (<i>chouriço</i>),	
(see p. 9)	1¼ cups / 200 gm / 7 oz
Onion, large, thickly sliced	1
Vinegar (<i>sirka</i>) to taste	
Salt to taste	
Small loaves of bread	8

Serves: 8

Method:

1. Slit the casing of the sausages, and remove the meat. Cook in a pan with 1 cup water for 15 minutes or till the meat is cooked and the mixture is dry. Drain the excess fat.
2. Add the onion and cook for 3 minutes more, stirring occasionally. Adjust seasoning and add vinegar and salt if necessary.
3. Slit the loaves and fill with the sausage meat. Serve at once.

Raan-e-Mussallam

Leg of lamb in a spicy marinade

Ingredients:

Leg of lamb	1 kg / 2.2 lb
For the marinade:	
Ginger (<i>adrak</i>) paste	1 tbsp / 18 gm
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Malt vinegar (<i>sirka</i>)	½ cup / 100 ml / 3½ fl oz
Rum (optional)	4 tbsp / 60 ml / 2 fl oz
Salt to taste	
Red chilli powder	7 tsp / 14 gm
Yellow chilli powder	7 tsp / 14 gm
Raw papaya paste	1½ tbsp / 22 gm
Cloves (<i>laung</i>), powdered	1 tsp / 2 gm
Cinnamon (<i>dalchini</i>), powdered	5 tsp / 10 gm
Yoghurt (<i>dahi</i>), hung	¾ cup / 150 gm / 5 oz
Butter for basting	5 tbsp / 100 gm / 3½ oz
Onion seed (<i>kalonji</i>) paste	4 tbsp / 60 gm / 2 oz
Brown onion paste (see p. 10)	1 tbsp / 25 gm
Yoghurt	½ cup / 100 gm / 3½ oz
Red chilli paste	4 tsp / 20 gm
Garam masala	7 tsp / 14 gm
Vegetable oil	¾ cup / 150 ml / 5 oz

Method:

1. Prick the lamb leg all over with a fork.
2. **For the marinade**, whisk all the ingredients together. Rub over the leg and keep aside for 4 hours.
3. Skewer the lamb leg and cook in a tandoor for 15-20 minutes, basting with butter occasionally. Alternatively, bake in a very hot oven till the juices are sealed and meat is lightly coloured.
4. Take lamb leg off the skewer and place on a roasting tray.
5. Mix onion seed paste, onion paste, yoghurt, red chilli paste, and garam masala together; rub into the lamb. Cover and seal the tray with an aluminium foil. Cook in an oven or on a hot plate for 35-40 minutes.
6. Remove from oven and serve hot, accompanied with naan.

Serves: 4-5



Chaamp

Lamb chops

Ingredients:

Lamb chops (<i>chaamp</i>), beaten, flattened	12
For the marinade:	
Ginger (<i>adrak</i>) paste	½ tsp / 3 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Black pepper (<i>kali mirch</i>) powder	1 tbsp
Salt	1 tsp / 4 gm
Vegetable oil	1 cup / 200 ml / 7 oz
Eggs, beaten	2
Breadcrumbs	2 cups / 240 gm / 9 oz
Lemon, cut into wedges	4
Tomatoes, cut into wedges	4
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. **For the marinade**, mix all the ingredients upto salt and rub into the lamb chops. Keep aside for 30 minutes.
2. Heat the oil in a heavy-bottomed pan; dip the chops in the egg, coat with breadcrumbs and then shallow-fry, 3-4 chops at a time, for 2-3 minutes on each side, until fully cooked. Remove and repeat till all the chops are fried.
3. Serve garnished with lemon and tomato wedges and sprinkled with green coriander.

Serves: 3-4

Raan Pathani

Spicy leg of lamb

Ingredients:

Leg of lamb 1

For the marinade:

Garlic (*lasan*), crushed 1 tsp / 6 gm

Ginger (*adrak*), crushed 1 tsp / 6 gm

Dry red chillies (*sookhi lal mirch*),
paste 1 tsp / 5 gm

Vegetable oil 1 tbsp / 15 ml

Grind to a paste:

Onions, sliced 4-5

Garlic, crushed 1 tsp / 6 gm

Ginger, crushed 1 tsp / 6 gm

Dry red chillies, paste 1 tsp / 5 gm

Coriander (*dhaniya*) powder 2 tsp / 3 gm

Cumin (*jeera*) powder 1 tsp / 1½ gm

Turmeric (*haldi*) powder ¾ tsp

Vegetable oil 1 tbsp / 15 ml

Cloves 3

Green cardamom (*choti elaichi*), crushed 4

Black cardamom (*badi elaichi*), crushed 3

Cinnamon (*dalchini*), 2" sticks 2

Star anise (*chakri phool*) 2

Bay leaf (*tej patta*) 1

Tomato purée 6 tbsp / 120 ml / 4 fl oz

Salt 1 tsp / 4 gm

Method:

1. With a sharp knife, make deep incisions on the leg of lamb.
2. **For the marinade**, combine all the ingredients and mix well. Cover the leg with this mixture and set aside to marinate for 3-4 hours.
3. Make a fine paste of all the ingredients mentioned with a little water. Keep aside.
4. Heat the oil in a wok (*kadhai*) that is large enough to hold the leg; sauté the cloves, green and black cardamom, cinnamon sticks, star anise, and bay leaf for 2-3 minutes. Add the ginger-garlic paste and fry until the oil separates from the mixture and comes to the surface.
5. Add the tomato purée and salt. Fry for a few more minutes and then add the leg of lamb. Cook on low heat for about 2 hours or till the lamb is tender.
6. Before serving, grill the leg of lamb for a few minutes on both sides till brown.

Serves: 8



Gosht Achaari Chaamp

Pickled lamb chops

Ingredients:

Lamb chops, on 2 bones	8 pieces
Raw papaya	a small piece
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Salt to taste	
Gram flour (<i>besan</i>)	2 tsp / 10 gm
Aniseed (<i>saunf</i>)	1 tsp / 2 gm
Black cardamom (<i>badi elaichi</i>)	1 tsp / 2 gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Cloves (<i>laung</i>)	1 tsp / 3 gm
Mustard oil	¼ cup / 50 ml / 1¾ fl oz
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Onion seeds (<i>kalonji</i>)	1 tsp / 1½ gm
Red chilli powder	2 tbsp / 4 gm
Yoghurt (<i>dahi</i>), whisked	¼ cup / 50 gm / 1¾ oz
Chaat masala	1 tsp / 2 gm
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml

Method:

1. Flatten the chops with a steak hammer.
2. Rub the chops with the papaya, ginger-garlic paste and salt; keep aside.
3. Roast the gram flour in a pan till light brown and sprinkle over the lamb chops.
4. Add the remaining ingredients to the yoghurt and mix well to a fine batter. (Do not add *chaat* masala or lemon juice.)
5. Marinate the chops in this marinade for 2 hours.
6. Preheat the oven to 180°C / 350°F.
7. Skewer the chops and roast in a hot tandoor or oven until cooked.
8. Remove the chops from the skewers. Sprinkle with *chaat* masala and lemon juice and serve.

Serves: 4-5



Chokhta

Roasted lamb

Ingredients:

Lamb, cleaned and cut	1 kg / 2.2 lb
Water	1 cup / 250 ml / 8 fl oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Salt to taste	
Asafoetida (<i>hing</i>)	2 pinches
Red chilli powder	2 tsp / 4 gm
Ginger powder (<i>sonth</i>)	1½ tsp / 3 gm

Method:

1. Cook the lamb in a heavy-bottomed pot with the water, oil, salt, and asafoetida. Cook covered, on high heat for 20 minutes. Stir occasionally to ensure that it gets evenly done.
2. When the liquid dries and the oil surfaces, lower the flame and cook till it is deep brown in colour and a little crisp to touch, stirring continuously.
3. Add red chilli powder mixed in a few spoons of water and stir briskly on high heat till it becomes a rich red colour.
4. Add a few spoons of water and the ginger powder. Stir briskly, on high heat, till the oil surfaces. Remove and serve accompanied by plain rice.

Note: This is a spicy and pungent dish. Vary the quantity of red chilli powder and ginger powder to suit your taste.

Serves: 6-8

Kabargah

Fried ribs

Ingredients:

Lamb ribs, 3" x 5" pieces	1 kg / 2.2 lb
Milk	2½ cups / 500 ml / 16 fl oz
Black cardamom (<i>badi elaichi</i>), crushed	3
Cinnamon (<i>dalchini</i>), 1" sticks	2
Cloves (<i>laung</i>)	4
Bay leaves (<i>tej patta</i>)	2
Garam masala	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	a pinch
Salt	2 tsp / 8 gm
Ghee	1½ cups / 300 gm / 11 oz
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Red chilli powder	½ tsp
Silver leaves (<i>varq</i>)	5-6

Method:

1. Put the ribs in a pot; add milk, black cardamom, cinnamon sticks, cloves, bay leaves, garam masala, asafoetida, and salt. Cook till the milk gets absorbed.
2. Remove from heat, and transfer the ribs to a large plate. Keep aside.
3. Heat the ghee. Meanwhile, whisk together the yoghurt, red chilli powder, and a little salt until smooth in consistency.
4. Dip each rib into the yoghurt and fry to a rich brown colour. Drain excess oil and transfer to a serving dish.
5. Garnish with silver leaves and serve hot, as a snack or as part of the main course.

Serves: 4



Kosha Mangsho

Dry lamb curry

Ingredients:

Lamb leg, cut into pieces	500 gm / 1.1 lb
Yoghurt (<i>dahi</i>)	¾ cup / 150 gm / 5 oz
Salt	3 tsp / 12 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Ghee	¾ cup / 150 gm / 5 oz
Onions, chopped	½ cup / 60 gm / 2 oz
Garam masala	2 tsp / 4 gm
Ginger (<i>adrak</i>) paste	4 tsp / 24 gm
Garlic (<i>lasan</i>) paste	4 tsp / 24 gm
Coriander (<i>dhaniya</i>) powder	4 tsp / 6 gm
Cumin (<i>jeera</i>) powder	3 tsp / 4½ gm
Red chilli powder	2 tsp / 4 gm
Tomatoes, chopped	60 gm / 2 oz

Method:

1. Marinate the lamb with yoghurt, salt, and ½ tsp turmeric powder for 30 minutes.
2. Heat the ghee in a wok (*kadhai*); add the onions and garam masala (keep ½ tsp aside for garnishing). Cook for 10 minutes.
3. Add the marinated lamb. Cook for 10-12 minutes.
4. Add ginger and garlic pastes, coriander powder, cumin powder, red chilli powder, the remaining turmeric powder, and tomatoes. Cover and simmer till the lamb is tender.
5. Serve hot, with ½ tsp garam masala powder sprinkled on top.

Serves: 2-4

Bhuteko Masu

Spicy garlic-flavoured lamb

Ingredients:

Lamb leg, washed, cut into medium-sized pieces	1 kg / 2.2 lb
Green cardamom (<i>choti elaichi</i>)	4
Cloves (<i>laung</i>)	6
Cinnamon (<i>dalchini</i>), 1" stick	1
Asafoetida (<i>hing</i>)	2 pinches
Yoghurt (<i>dahi</i>)	¼ cup / 50 gm / 1¾ oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Onions, thinly sliced	2
Ginger (<i>adrak</i>), scraped, dried	2 tsp / 12 gm
Mustard (<i>sarson</i>) oil	1 cup / 200 ml / 7 fl oz
Ghee	½ cup / 100 gm / 3½ oz
Green garlic (<i>hara lasan</i>) with stems / Garlic (<i>lasan</i>), chopped	100 gm / 3½ oz
Powder together:	
Coriander (<i>dhaniya</i>) seeds	2 tsp / 4 gm
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Red chilli powder	1 tbsp
Garam masala	2 tsp / 4 gm
Fenugreek seeds (<i>methi dana</i>)	1 tsp / 3 gm

Method:

1. Mix together the whole spices, half the asafoetida, yoghurt, turmeric powder, salt, half the onions, ginger, mustard oil, and a little water. Add lamb and cook in a heavy-bottomed pan till it is almost done. Dry any remaining liquid, remove from heat and put aside.
2. In a flat pan, heat the ghee. Add the remaining onion and fry till golden brown. Drain the excess oil and keep aside.
3. To the same pan, add the semi-cooked lamb and fry. Stir occasionally and cook till it is fully done and turns dark brown in colour.
4. Add the green garlic. Fry until soft and changes colour. Add the powdered ingredients, red chilli powder, and garam masala. Fry for 5 more minutes, check the seasoning and serve hot.

Serves: 4-6



Lamb Tandrook

Marinated lamb cooked dry

Ingredients:

Lamb, washed, cut into pieces	1 kg / 2.2 lb
Onions, sliced	2
Garlic (<i>lasan</i>), chopped	4 tsp / 12 gm
Ginger (<i>adrak</i>), sliced	1 tsp / 6 gm
Cloves (<i>laung</i>)	5-6
Cinnamon (<i>dalchini</i>), 2" stick	1
Black cardamom (<i>badi elaichi</i>)	4-5
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Red chilli powder	2 tsp / 4 gm
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Mustard (<i>sarson</i>) oil	1 cup / 200 ml / 7 fl oz
Water	2 cups / 500 ml / 16 fl oz

Method:

1. Combine all the ingredients (including lamb) and mix well.
2. Cook on low heat till the lamb is fully done and the water is completely absorbed. Serve hot.

Serves: 4-6

Lamb Korma

Lamb in a tomato curry

Ingredients:

Lamb, washed, cut into pieces	1 kg / 2.2 lb
Garlic (<i>lasan</i>) cloves	8
Ginger (<i>adrak</i>), sliced	2 tsp / 12 gm
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Salt to taste	
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Cloves (<i>laung</i>)	5-6
Cinnamon (<i>dalchini</i>), 2" stick	1
Green cardamom (<i>choti elaichi</i>)	4-5
Ghee	2 tbsp / 30 gm / 1 oz
Mustard (<i>sarson</i>) oil	1 cup / 200 ml / 7 fl oz
Onions, medium-sized, thinly sliced	2
Grind to a paste:	
Onion	1
Garlic cloves	6-7
Ginger	1 tsp / 6 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Red chilli powder	2 tsp / 4 gm
Nutmeg (<i>jaiphal</i>), small piece	1
Mace (<i>javitri</i>)	4-5 pieces
Yoghurt	1 cup / 200 gm / 7 oz
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Garam masala	2 tsp / 4 gm
Tomatoes, chopped	250 gm / 9 oz

Method:

1. Mix together the lamb, garlic, ginger, yoghurt, salt, turmeric powder, cloves, cinnamon stick, green cardamom, and ghee. Cook in a heavy-bottomed pot till it is almost done. Keep aside.
2. In a flat pan, heat the oil and fry the onions till brown. Remove and keep aside, to be used later as garnish.
3. To the same oil, add the ground paste and cook till the oil separates. Add the tomatoes and cook further for 2-3 minutes.
4. Pour this mixture over the lamb; stir well and simmer till it is fully cooked. Serve garnished with fried onions.

Serves: 4-6



Junglee Maas

No-fuss lamb dish from Rajasthan

Ingredients:

Lamb, cut into pieces	1 kg / 2.2 lb
Vegetable oil	1½ cups / 300 ml / 11 fl oz
Salt to taste	
Water	½ cup / 120 ml / 4 fl oz
Red chilli powder	4-5 tbsp

Serves: 4-6

Method:

1. Heat the oil in a heavy-bottomed deep pot. Add the lamb, salt, and water.
2. Cook covered on high heat, till it is heated through.
3. Lower heat and cook for 30 minutes; ensuring that the lamb does not stick to the bottom of the pot. Add the red chilli powder and cook till the lamb is tender.
4. Serve hot.

Parwal Kocheko

Parwars stuffed with minced lamb

Ingredients:

Parwars (<i>parwal</i>), washed, pat-dried	250 gm / 9 oz
Lamb, minced	150 gm / 5 oz
Salt to taste	
Ghee	1 tbsp / 15 gm
Garlic (<i>lasan</i>) cloves, finely chopped	5
Onions, chopped	3 tbsp / 36 gm / 1¼ oz
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Cumin (<i>jeera</i>) powder	½ tsp / ¾ gm
Red chilli powder	1 tsp / 2 gm
Garam masala	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>), finely chopped	1 tbsp / 4 gm
Vegetable oil	3 tbsp / 45 ml / 1½ oz

Serves: 2-4

Method:

1. Make a slit diagonally along the length of the parwars. Sprinkle a little salt inside each. Keep aside.
2. Heat the ghee in a pan; add the garlic and sauté a little. Add the onions and sauté till brown.
3. Add the lamb, turmeric powder, and salt. Cook on medium heat till the liquid gets absorbed. If the lamb is not cooked, sprinkle 2 tbsp of water and cook more.
4. Add the cumin powder, red chilli powder, and garam masala. Cook covered on low heat for a few minutes and then put aside. Mix in the green coriander.
5. Carefully deseed the parwars. Fill each parwar with a little of the mince mixture and secure with a piece of string.
6. Heat the oil, preferably in a non-stick pan; fry the parwars one by one till they are cooked.
7. Remove from the pan and transfer to a casserole to keep warm. Before serving, remove the strings and cut into halves.

Variation: For vegetarians, the mince meat may be replaced by potatoes.



Hari Mirch Ka Maas

A dry spicy lamb dish from Rajasthan

Ingredients:

Lamb, boneless pieces	1 kg / 2.2 lb
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Salt to taste	
Cumin (<i>jeera</i>) seeds, powdered	2 tsp / 4 gm
Vegetable oil	1½ cups / 300 ml / 11 fl oz
Onions, sliced	1¼ cups / 250 gm / 9 oz
Water	1 cup / 250 ml / 8 fl oz
Green chillies, slit, deseeded	400 gm / 14 oz
Garlic (<i>lasan</i>) cloves, ground to paste	2
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Green coriander (<i>hara dhaniya</i>), chopped	2 cups / 50 gm / 1¾ oz

Method:

1. Marinate the lamb with yoghurt, salt, and cumin seeds. Keep aside for an hour.
2. Heat the oil in a heavy-bottomed pan; add the onions and fry till golden brown.
3. Add the marinated lamb and water. Cook covered on low heat, stirring occasionally.
4. When the lamb is almost done, add the green chillies, garlic paste, and turmeric powder.
5. Cook till the lamb is tender and dry.
6. Add the lemon juice, garnish with green coriander and serve.

Serves: 4-6

Kadhai Maas

Boneless lamb cooked with tomatoes

Ingredients:

Lamb, boneless pieces	1 kg / 2.2 lb
Vegetable oil	1 cup / 250 ml / 8 fl oz
Tomatoes, red, pulpy, blended	1 kg / 2.2 lb
Water	2-3 tbsp / 30-45 ml / 1-1½ fl oz
Salt to taste	
Green chillies, large, cut into ¾" pieces	250 gm / 9 oz

Serves: 4-6

Method:

1. Heat the oil in a wok (*kadhai*); add the tomatoes and cook till the oil separates, stirring continuously.
2. Add the lamb and cook till it is almost tender, stirring and adding little water occasionally to prevent it from sticking to the bottom.
3. When the lamb is almost tender, add the salt and green chillies.
4. Cook till the green chillies are soft and the lamb is dry.
5. Serve hot.



Handi Pasanda

Slow oven lamb steaks

Ingredients:

Lamb escallops (2" x 4")	750 gm / 26 oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onions, sliced	1 cup / 120 gm / 4 oz
Garlic (<i>lasan</i>) cloves, chopped	3 tbsp / 36 gm / 1¼ oz
Ginger (<i>adrak</i>), chopped	1 tbsp / 24 gm
Poppy (<i>khus khus</i>) seeds	1 tbsp
Black cardamom (<i>badi elaichi</i>)	2
Cinnamon (<i>dalchini</i>), 1" stick	1
Bay leaf (<i>tej patta</i>)	1
Cloves (<i>laung</i>)	6
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Red chilli powder	1 tsp / 2 gm
Garam masala	1 tsp / 2 gm
Green cardamom (<i>choti elaichi</i>) powder	½ tsp / 1 gm
Black pepper (<i>kali mirch</i>) powder	½ tsp / 1 gm

Method:

1. Heat the oil in a pan; sauté half the onions till golden brown. Remove.
2. Mix garlic and ginger with browned and raw onions and poppy seeds. Blend to a fine paste with 2 tbsp water.
3. Reheat the oil and crackle the whole spices. Add onion paste mixture and sauté for 3-4 minutes. Add yoghurt and cook for 4-5 minutes. Add lamb and cook for another 3-4 minutes or till the oil separates. Transfer to a casserole. Add ½ cup water and sprinkle the spices. Cover and cook in a preheated oven at 140°C / 275°F for 10 minutes.
4. Serve hot garnished with green coriander.

Serves: 4

Maas Ke Sooley

Barbecued spicy lamb

Ingredients:

Lamb, boneless, washed, pat-dried 1 kg / 2.2 lb
Ghee to taste

For the first marinade:

Basil (*gulaal tulsi*), dried, crushed 1 tbsp / 15 gm
Raw papaya,
ground to paste ½ cup / 100 gm / 3½ oz
Garlic (*lasan*) paste 2 tbsp / 36 gm / 1¼ oz
Red chilli powder 3 tsp / 6 gm
Salt to taste

Ghee 1 cup / 200 gm / 7 oz
Onions, medium-sized, peeled, sliced 2
Garlic cloves, chopped 12

For the second marinade:

Ginger (*adrak*), 1½" piece 1
Basil, crushed 1 tbsp / 15 gm
Kachri powder (see p. 9) 2 tbsp / 30 gm / 1 oz
Cloves (*laung*), powdered ½ tsp / 1 gm
Black cardamom (*badi elaichi*),
powdered 2 tsp / 4 gm
Nutmeg (*jaiphal*), powdered 2 tsp / 4 gm
Cinnamon (*dalchini*) powder a pinch
Yoghurt (*dahi*) 1½ cups / 300 gm / 12 oz

For the soola masala:

Mango powder (*amchur*) 1 tsp / 2 gm
Black salt (*kala namak*) ½ tsp / 1 gm
Black pepper (*kali mirch*) powder ½ tsp / 1 gm
Green cardamom (*choti elaichi*),
powdered ½ tsp / 1 gm
Nutmeg, powdered ¼ tsp

Method:

1. For the first marinade, mix all the ingredients and evenly rub the mixture over the pieces. Keep aside for 2 hours.
2. Heat the ghee in a wok (*kadhai*); deep-fry the onions and garlic separately on medium heat, until golden brown. Drain the excess oil on absorbent paper and keep aside.
3. For the second marinade, blend together the ingredients for the second marinade (except yoghurt). Add 2 tbsp of water to make into a smooth paste. Remove to a bowl, add the yoghurt and whisk well.
4. Evenly rub the mixture over the pieces and keep aside for 2 hours.
5. Skewer the pieces and roast for 12-15 minutes. Baste with ghee and roast again for 12-15 minutes or till the pieces are tender.
6. Smoke (see p. 520) for 2 minutes with cloves and ghee. Arrange on a platter, sprinkle *soola masala* and serve hot.

Serves: 2-4



Venison Sooley

Barbecued spicy venison

Ingredients:

Venison, boneless, cut into 1" pieces	1 kg / 2.2 lb
Red chilli powder	3 tbsp
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
<i>Kachri</i> powder (see p. 9)	3 tbsp / 15 gm
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Salt to taste	
Onions, medium-sized, whole, peeled	2
Onions, cut into rings	2

Serves: 4-6

Method:

1. Mix all the ingredients together and marinate the venison pieces for about 2 hours.
2. Skewer the venison tightly, placing the onions at the end. Roast over a rack with heated coal underneath for about 20-25 minutes or till the pieces are tender. Rotate the skewer at regular intervals.
3. Transfer the pieces to a pre-heated dish and smoke (see p. 520) the pieces with ghee and garlic paste. Arrange on a platter, sprinkle *soola masala* (see p. 94) and serve with onion rings.



Costeletas / Bifes Empanados

Crumb fried lamb chops / steaks

Ingredients:

Lamb chops / beef or veal fillet	8 chops / 15 slices (500 gm / 1.1 lb)
For the spice paste:	
Green coriander (<i>hara dhaniya</i>)	1 cup / 25 gm
Green chillies	2-3
Garlic (<i>lasan</i>), minced	1 tsp / 6 cloves
Ginger (<i>adrak</i>), minced	1 tsp / 1" piece
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Lemon (<i>nimbu</i>) juice	1½ tbsp / 22 ml
Salt	1½ tsp / 6 gm
Black pepper (<i>kali mirch</i>) powder	¼ tsp

Vegetable oil for shallow frying	
Refined flour (<i>maida</i>)	½ cup / 50 gm / 1¾ oz
Eggs, beaten	2
Breadcrumbs	1 cup approx.

Method:

1. Beat the chops / slices with a rolling pin or meat mallet to tenderize.
2. **For the spice paste**, grind all the ingredients into a smooth paste. Apply the paste to the chops / slices and marinate for at least 2 hours.
3. Heat the oil in a frying pan. Roll the chops / slices in the flour, then dip in beaten eggs. Coat with breadcrumbs and fry for 5-7 minutes on each side till golden.
4. Serve hot, accompanied by a green salad or sautéed boiled potatoes.

Serves: 4

Rissoís de Batata e Carne Picada

Lamb / beef mince rissoles

Ingredients:

Lamb / beef, minced	500 gm / 1.1 lb
Vegetable oil	4 tbsp / 60 ml / 2 fl oz + for frying
Onions, medium-sized, chopped	3
Ginger (<i>adrak</i>), minced	3 tsp / 3" piece
Garlic (<i>lasan</i>), minced	2 tsp / 12 cloves
Tomato, large, chopped	1
Green chillies, minced	3
Green coriander (<i>hara dhaniya</i>), chopped	3 tbsp / 12 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Red chilli powder	1 tsp / 2 gm
Black pepper (<i>kali mirch</i>) powder	½ tsp / 1 gm
Salt	1 tsp / 4 gm
Vinegar (<i>sirka</i>)	2 tbsp / 30 ml / 1 fl oz
Potatoes, medium-sized, boiled, mashed	6 / 750 gm / 26 oz
Eggs, beaten	2
Breadcrumbs	1 cup approx.

Method:

1. Heat the oil in a pan; sauté the onions till golden. Add ginger and garlic; sauté for 1 minute.
2. Add the mince; fry on high heat for 5 minutes. Add the tomato and the next 6 ingredients; stir-fry. Add 1 cup hot water, bring to the boil, lower heat, and simmer covered for 10-15 minutes till done. Add vinegar and cook, uncovered, till dry.
3. Take 2" diameter balls of mashed potato seasoned with salt, hollow out and stuff with a little mince. Pinch together to seal. Pat into rounds, dip in egg, roll in breadcrumbs and shallow-fry till golden.

Serves: 6-8



Kheema

Parsi minced lamb

Ingredients:

Lamb, minced, washed	500 gm / 1.1 lb
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onions, large, chopped	2-3
Garam masala	1½ tsp / 3 gm
Ginger-garlic (<i>adrak-lasan</i>) paste	½ tbsp / 9 gm
Tomatoes, medium-sized, chopped	2-3
Fenugreek (<i>methi</i>) leaves, fresh, chopped	1 tbsp / 5 gm
Vinegar (<i>sirka</i>)	½ tbsp / 8 ml
Sugar	¼ tsp
Salt to taste	
Green coriander (<i>hara dhaniya</i>) and green chillies chopped for garnishing	

Method:

1. Hang the mince in a muslin cloth for a while to drain out the excess water.
2. Heat 1 tbsp oil in a wok (*kadhai*); lightly sauté the onions. Add the garam masala and ginger-garlic paste. Sauté for 5 minutes.
3. Now add the tomatoes and simmer till the water is completely absorbed.
4. Add the mince and fenugreek leaves, mix well. Add vinegar, sugar, and salt; cook till the mince is done.
5. Serve hot garnished with green coriander and green chillies.

Serves: 6-7

Badaami Gosht Korma

Lamb braised in yoghurt and almond sauce

Ingredients:

Lamb, boneless, cut into cubes	500 gm / 1.1 lb
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Cinnamon (<i>dalchini</i>), 1" sticks	2
Green cardamom (<i>choti elaichi</i>)	3
Cloves (<i>laung</i>)	4
Bay leaves (<i>tej patta</i>)	6
Ginger (<i>adrak</i>) paste	1½ tbsp / 27 gm
Garlic (<i>lasan</i>) paste	1½ tbsp / 27 gm
Green chilli paste	1½ tbsp / 27 gm
Yoghurt (<i>dahi</i>)	¼ cup / 50 gm / 1¾ oz
Almond (<i>badaam</i>) paste	½ cup / 100 gm / 3½ oz
Salt	1 tsp / 4 gm
Black pepper (<i>kali mirch</i>) powder	¼ tsp / ½ gm
Saffron (<i>kesar</i>)	a few strands
Egg, hard-boiled, quartered	1

Method:

1. Heat the oil in a pan; add the cinnamon sticks, green cardamom, cloves, and bay leaves. Sauté till they turn brown.
2. Add the ginger paste, garlic paste, and green chilli paste. Fry for a few minutes then add the yoghurt and lamb. Mix well. Cover and cook on low heat for 45 minutes or till the lamb is tender.
3. Add the almond paste, salt, black pepper, and saffron; cook for about 5 minutes till well blended. Remove the pan from the heat.
4. Serve hot garnished with hard-boiled egg.

Serves: 4



Shahi Gosht Korma

Creamy lamb cooked in yoghurt

Ingredients:

Lamb, rib pieces	500 gm / 1.1 lb
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Ghee	2 tbsp / 30 gm / 1 oz
White butter	2½ tbsp / 50 gm / 1¾ oz
Onion, medium-sized, sliced	1
Cinnamon (<i>dalchini</i>), 1" sticks	2
Bay leaves (<i>tej patta</i>)	2
Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm
Yoghurt (<i>dahi</i>)	¼ cup / 45 gm / 1½ oz
Almond (<i>badaam</i>) paste	1 tbsp / 15 gm
Salt to taste	
Cream	2 tbsp / 40 ml / 1¼ fl oz
Wholemilk fudge (<i>khoya</i>)	1 tbsp / 15 gm
White pepper (<i>safed mirch</i>) powder	½ tsp / 1 gm
Saffron (<i>kesar</i>), dissolved in 1 tbsp water	a few strands

Method:

1. Marinate the lamb with ginger and garlic pastes for at least 30 minutes.
2. Heat the ghee in a pan; add the white butter, onion, cinnamon sticks, bay leaves, and green cardamom powder. Sauté till the onion turns brown. Add the lamb, mix well, and cook on high heat for 5 minutes or till the lamb is browned.
3. Add the yoghurt and almond paste; cook for 40-45 minutes on low heat or till the lamb is tender.
4. Add the remaining ingredients and mix thoroughly. Serve hot.

Serves: 4

Alubukhara Korma

Tangy lamb cooked with dried plums

Ingredients:

Hind leg of lamb, cut into pieces	1 kg / 2.2 lb
Water	12 cups / 3 lt / 96 fl oz
Ghee	1 cup / 200 gm / 7 oz
Green cardamom (<i>choti elaichi</i>)	8
Cloves (<i>laung</i>)	4
Salt to taste	
Garlic water (see p. 11)	¼ cup / 50 ml / 1¾ fl oz
Kashmiri red chilli powder, dissolved in ½ cup water	3 tsp / 6 gm
Cinnamon (<i>dalchini</i>), 2" sticks	4
Tamarind (<i>imli</i>), boiled in 2 cups water for 10 minutes, strained	150 gm / 5 oz
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Dried plums (<i>alubukhara</i>)	1 cup

Method:

1. Boil the water in a deep pan; add the meat and bring the water to the boil again. Boil for 2 minutes. Remove from heat and drain the water. Wash the meat in cold water and keep aside.
2. Put the meat in a pan and add ghee, green cardamom, cloves, salt, garlic water, red chilli water, and cinnamon sticks. Cook, stirring continuously, until the ghee separates from the masala.
3. Add just enough water so that when the meat is tender very little water remains. Cook covered till the meat is done. Add the tamarind extract, turmeric powder, and dried plums. Mix well, and simmer for 5-7 minutes, or till the plums are soft.

Serves: 4-6



Dhaniwal Korma

Lamb in a yoghurt-based gravy garnished with green coriander

Ingredients:

Leg of lamb, cut into pieces	1 kg / 2.2 lb
Water	12 cups / 3 lt / 96 fl oz
Ghee	1 cup / 200 gm / 7 oz
Onion, puréed	¾ cup / 90 gm / 3 oz
Garlic (<i>lasan</i>), ground	1 tsp / 6 gm
Cloves (<i>laung</i>)	4
Green cardamom (<i>choti elaichi</i>)	8
Salt to taste	
Saffron (<i>kesar</i>)	¼ tsp
Cooked yoghurt (see p. 11)	1 cup / 200 ml / 7 fl oz
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	1½ tsp / 2 gm
Black pepper (<i>kali mirch</i>) powder	¼ tsp
Green coriander (<i>hara dhaniya</i>), chopped	3 tbsp / 12 gm

Method:

1. Boil the water in a deep pan; add the meat and bring the water to the boil again. Blanch for 2-3 minutes and then drain the water. Cool the meat and wash under cold running water. Keep aside.
2. Put the blanched meat in a pan; add ghee, onion purée, garlic, cloves, green cardamom, salt, saffron, cooked yoghurt, turmeric and coriander powders. Mix well and cook until the ghee separates from the mixture.
3. Add just enough water so that when the meat is tender very little water remains. Sprinkle the black pepper powder and stir.
4. Serve hot, garnished with green coriander.

Serves: 4-6

Ghushtaba

Pounded lamb balls in a delicious yoghurt-based gravy

Ingredients:

<i>Ghushtaba</i> (see p. 11)	10
Cooked yoghurt (see p. 11)	5 cups / 1 lt / 32 fl oz
Ghee	4 tbsp / 60 gm / 2 oz
Stock, made with 4-5 bones boiled in 6 cups water, covered, for 45 minutes, strained.	4 cups / 800 ml / 28 fl oz
Green cardamom (<i>choti elaichi</i>)	8
Black cardamom (<i>badi elaichi</i>)	6
Cloves (<i>laung</i>)	6
Fennel (<i>moti saunf</i>) powder	3 tsp / 6 gm
Ginger powder (<i>sonth</i>)	3 tsp / 6 gm
Garlic water (see p. 11)	¼ cup / 50 ml / 1¾ fl oz
Onion paste, fried	1 tbsp / 25 gm
Salt to taste	
Dry mint (<i>pudina</i>) leaves	¼ tsp

Method:

1. In a pan, add *ghushtaba*, cooked yoghurt, ghee, and stock; bring to a rapid boil. Add green and black cardamom, cloves, fennel powder, and ginger powder. Cover the pan and continue to boil for 10-12 minutes.
2. Add the garlic water and salt; boil for a further 10-12 minutes. Pour in more water, if required, to maintain a soup-like consistency. Add the onion paste and salt. Cook until the *ghushtaba* is tender to the touch and the gravy has thickened.
3. Sprinkle the dry mint leaves and heat through.

Serves: 4



Kishmish Korma

Lamb cooked with plump raisins and saffron

Ingredients:

Hind leg of lamb, cut into ½" x ½" x ½" cubes (the same size as the raisins)	600 gm / 22 oz
Green cardamom (<i>choti elaichi</i>)	10
Cinnamon (<i>dalchini</i>), 1" sticks	6
Ghee	¾ cup / 150 gm / 5 oz
Cloves (<i>laung</i>)	3
Water	4 cups / 1 lt / 32 fl oz
Salt to taste	
Garlic water (see p. 11)	3 tbsp / 45 ml / 1½ fl oz
Sugar	1 tbsp / 20 gm
Tamarind (<i>imli</i>), boiled in 4 tbsp water, extract	2 tbsp / 12 gm
Saffron (<i>kesar</i>), ground and added to 1 tbsp warm water	¼ tsp
Raisins (<i>kishmish</i>), fried until plump	1 cup / 100 gm / 3½ oz

Method:

1. Add the meat to the boiling water and boil for 1 minute. Drain the water and keep aside.
2. In a shallow pan, add the blanched meat, green cardamom, cinnamon sticks, ghee, and cloves. Stir-fry for 2-3 minutes. Pour in the water and salt. Bring the mixture to the boil and add garlic water, sugar, and tamarind extract. Cook until the meat is tender and no water remains.
3. Add the saffron and raisins. Mix well and heat through.

Serves: 4

Maaz Yakkh

Lamb flavoured with aniseed and ginger powder

Ingredients:

Assorted lamb pieces	1 kg / 2.2 lb
Water	20 cups / 5 lt / 160 fl oz
Garlic (<i>lasan</i>), ground	1½ tbsp / 27 gm
Salt to taste	
Green cardamom (<i>choti elaichi</i>)	10
Black cardamom (<i>badi elaichi</i>)	4
Cloves (<i>laung</i>)	5
Aniseed (<i>saunf</i>) powder	2½ tsp / 5 gm
Ginger powder (<i>sonth</i>)	2½ tsp / 5 gm
Ghee	½ cup / 100 gm / 3½ oz
Cooked	
yoghurt (see p. 11)	4 cups / 800 ml / 28 fl oz
Onion paste, fried	1½ tbsp / 37 gm
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Dry mint (<i>pudina</i>) leaves	1½ tsp / 3 gm

Method:

1. In a deep pan, boil the water with lamb. Remove the scum that rises from time to time. When the water is clean, add the garlic and salt and cook until the lamb is half done.
2. Remove the pan from the heat, take out the lamb pieces and wash them in cold water. Keep aside. Strain the stock and collect it in a deep pan. Add the lamb and bring the mixture to the boil.
3. Add the green and black cardamom, cloves, aniseed powder, ginger powder, ghee, cooked yoghurt and onion paste. Mix well. Cover with a lid and continue to cook until the lamb is tender and the gravy is of a sauce-like consistency.
4. Sprinkle the black cumin seeds and dry mint leaves. Mix well.

Serves: 4-6



Marchwagan Korma

Red hot lamb curry

Ingredients:

Lamb, cut into pieces	1 kg / 2.2lb
Water	12 cups / 3 lt / 96 fl oz
Ghee	1 cup / 200 gm / 7 oz
Salt to taste	
Garlic (<i>lasan</i>), ground	1 tbsp / 18 gm
Green cardamom (<i>choti elaichi</i>)	10
Cloves (<i>laung</i>)	5
Kashmiri red chilli powder, dissolved	
in 10 cups water	1½ cups
Black cardamom (<i>badi elaichi</i>)	4
Turmeric (<i>haldi</i>) powder	4 tsp / 8 gm
Cinnamon (<i>dalchini</i>), 2" sticks	5
Ginger powder (<i>sonth</i>)	2 tsp / 4 gm
Dry cockscomb (<i>mawal</i>) flowers, heated with	
1½ cups water, extract	1½ cups / 300 ml / 11 fl oz
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Dry mint (<i>pudina</i>) leaves, crushed	1 tsp / 2 gm

Method:

1. Bring the water to the boil in a pan; add the lamb. Mix well and then bring the water to the boil again. Remove the pan from the heat and drain the water. When the lamb is cool, wash under cold running water. Keep aside.
2. In a pan, add the blanched lamb, ghee, salt, garlic, green cardamom, and cloves. Mix well. Fry until the lamb is light brown in colour.
3. Add the red chilli water, black cardamom, turmeric powder, cinnamon sticks, and ginger powder. Stir and bring the mixture to the boil. Lower heat, cover the pan and cook until the lamb is tender. Add some water, if necessary. Stir occasionally.
4. Add the cockscomb flower extract, black cumin seeds, and dry mint leaves. Mix well and let the mixture simmer for 3-4 minutes.

Serves: 4-6

Tabakh Maaz

Delicious ribs – a Kashmiri delicacy

Ingredients:

Rib cage (only the membranous part of the ribs, not the chop), unseparated	1 kg / 2.2 lb
Water	27 cups / 6¾ lt
Garlic (<i>lasan</i>), ground	4½ tsp / 27 gm
Salt	3½ tsp / 14 gm
Water, cold	12 cups / 3 lt / 96 fl oz
Salt	2 tsp / 8 gm
Ginger powder (<i>sonth</i>)	2 tsp / 4 gm
Cloves (<i>laung</i>)	8
Black cardamom (<i>badi elaichi</i>)	8
Turmeric (<i>haldi</i>) powder	3½ tsp / 7 gm
Ghee	2½ cups / 500 gm / 1.1 lb

Serves: 4

Method:

1. Bring the water to the boil; add the ribs. Continue to boil, removing the scum that rises to the surface. Repeat until the water is clear. Boil covered till the ribs are half done.
2. Add the garlic and mix well. Continue to boil for another 10 minutes. Add the salt and boil covered, continuously, until the membrane between the ribs can be pierced with the thumb. Remove the pan from the heat and drain the water. Cool the ribs and then immerse in a pan of cold water. Wash thoroughly, and then keep them aside. Do not discard this water.
3. Chop the ribs with a heavy, sharp knife into 8 equal rectangular pieces.
4. Boil the water in which the ribs were washed. Add the chopped ribs, salt, ginger powder, cloves, black cardamom and turmeric powder. Mix well. Continue to boil until the bones can be extracted from the membrane easily. Remove the pan from the heat and take out the ribs with a slotted spoon. Keep aside. Discard the water.
5. Arrange the ribs in a large frying pan, so that they do not overlap. Pour the ghee over them. Fry until they are reddish brown all over. Turn occasionally. Drain out the ghee before serving.



Rista

Pounded lamb balls flavoured in a saffron-flavoured gravy

Ingredients :

<i>Rista</i> (see p. 11)	10
Stock, made with 8 bones boiled in 15 cups water, covered, for 45 minutes, strained	12 cups / 3 lt / 96 fl oz
Green cardamom (<i>choti elaichi</i>)	12
Cloves (<i>laung</i>)	6
Turmeric (<i>haldi</i>) powder	3½ tsp / 7 gm
Ghee	½ cup / 100 gm / 3½ fl oz
Garlic (<i>lasan</i>) water	¼ cup / 50 ml / 1¾ fl oz
Onion paste, fried	1½ tbsp / 37 gm
Kashmiri red chilli powder, dissolved in 1 cup water	2 tsp / 4 gm
Saffron (<i>kesar</i>)	¼ tsp
Dry cockscomb (<i>mawal</i>) flowers, heated with ½ cup water, extract	½ cup / 100 ml / 3½ fl oz
Black pepper (<i>kali mirch</i>) powder	¼ tsp
Salt to taste	

Method :

1. In a pan, add the *rista*, stock, green cardamom, cloves, turmeric powder, ghee, garlic water, onion paste, red chilli water, and salt. Bring the mixture to the boil. Mix well and cook covered until the *rista* is tender and the gravy is of a soup-like consistency.
2. Add saffron, cockscomb flower extract, black pepper powder, and salt. Mix well.

Serves: 4



Palak Rista

Lamb balls cooked with spinach

Ingredients :

Spinach (<i>palak</i>) washed, boiled	500 gm / 1.1 lb
<i>Rista</i>	15
Garlic (<i>lasan</i>), ground	1 tbsp / 18 gm
Stock	17 cups / 3.4 lt
Turmeric (<i>haldi</i>) powder	4 tsp / 8 gm
Green cardamom (<i>choti elaichi</i>)	6
Cinnamon (<i>dalchini</i>), 2" sticks	4
Ginger powder (<i>sonth</i>)	2 tsp / 4 gm
Salt to taste	
Kashmiri red chilli powder, dissolved in 1 cup water	3 tsp / 6 gm
Dry cockscomb (<i>mawal</i>) flowers, heated with 1 cup water, extract	¼ cup / 50 ml / 1¾ fl oz
Black cardamom (<i>badi elaichi</i>) powder	1 tsp / 2 gm
Black pepper (<i>kali mirch</i>) powder	¼ tsp
Black cumin (<i>shahi jeera</i>) seeds	½ tsp / 1 gm

Method :

1. Squeeze and drain out the water from the boiled spinach. Then chop them coarsely. Fry them in oil with the garlic until the spinach is crisp. Keep aside.
2. Heat the *rista* with the stock, turmeric powder, green cardamom, cinnamon sticks, ginger powder, and salt in a pan, and mix well. Bring the mixture to a rapid boil and cook for 20-24 minutes.
3. Add the red chilli water and cook for another 20 minutes. Add the cockscomb flower extract, spinach, and 2 cups of water. Mix well. Bring the mixture to the boil. Reduce heat and cook till very little gravy remains and the ghee separates from the mixture. Add the black cardamom powder, pepper powder, cumin seeds, and salt. Mix well.

Serve: 4

Syun Methi

Lamb cooked with fenugreek

Ingredients:

Lamb, washed, cut into 2" pieces	1 kg / 2.2 lb
Water	2 cups / 500 ml / 16 fl oz
Salt to taste	
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	2 tsp / 4 gm
Ginger powder (<i>sonth</i>)	2 tsp / 4 gm
Cloves (<i>laung</i>)	3
Cinnamon (<i>dalchini</i>), 2" stick	1
Bay leaves (<i>tej patta</i>)	a few
Black cardamom (<i>badi elaichi</i>)	3
Garam masala	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	a pinch
Fenugreek (<i>methi</i>) leaves	2 cups / 60 gm / 2 oz
Ghee	8 tbs / 120 gm / 4 oz
Green chillies, chopped	3

Method:

1. Cook the lamb in a deep pot or a pressure cooker. Add water, salt, turmeric powder, aniseed powder, ginger powder, cloves, cinnamon stick, bay leaves, black cardamom, garam masala, and asafoetida.
2. Cook on high heat for 15 minutes (4 whistles in a pressure cooker), till the lamb is almost done. Take out the pieces from the stock and put aside.
3. Clean, wash and boil the fenugreek leaves. Strain and grind to a paste.
4. Heat the oil in a deep pan; add the fenugreek paste and sauté for 5 minutes, stirring frequently.
5. Add the lamb and sauté for 5 minutes. Add the stock and cook till the lamb gets done. Remove from heat, garnish with green chillies and serve.

Serves: 4



Yakhni

Stewed lamb in yoghurt

Ingredients:

Lamb, washed, cut into 2" pieces	1 kg / 2.2 lb
Ginger powder (<i>sonth</i>)	2 tsp / 4 gm
Aniseed (<i>saunf</i>) powder	4 tsp / 8 gm
Garam masala	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	a pinch
Black cardamom (<i>badi elaichi</i>), crushed	3
Cloves (<i>laung</i>)	4-5
Bay leaves (<i>tej patta</i>)	2-3
Salt to taste	
Yoghurt (<i>dahi</i>), whisked	2 cups / 400 gm / 14 oz
Ghee	4 tsp / 20 gm
Green cardamom (<i>choti elaichi</i>), crushed	4
Water	2 cups / 500 ml / 16 fl oz

Method:

1. Cook the lamb in a deep pot or a pressure cooker with water. Add ginger powder, aniseed powder, garam masala, asafoetida, black cardamom, 2 cloves, bay leaves, and salt. Cook for 15 minutes, or till it is almost done.
2. Add yoghurt, keep stirring till it comes to the boil. Lower heat and simmer till the gravy thickens and the lamb becomes tender. Remove from heat.
3. Heat the ghee in a small pan; add the remaining cloves and green cardamom. Sauté for a few seconds and then add to the cooked lamb. Serve, accompanied with steaming hot rice.

Serves: 4

Khāde Masale Ka Maas

Rajasthani lamb cooked with whole spices

Ingredients:

Lamb, cut into pieces	1 kg / 2.2 lb
Vegetable oil	1 cup / 200 ml / 7 oz
Black cardamom (<i>badi elaichi</i>)	6
Cloves (<i>laung</i>)	6-8
Black peppercorns (<i>sabut kali mirch</i>)	1 tbsp / 12 gm
Cinnamon (<i>dalchini</i>), 1" sticks	3-4
Bay leaves (<i>tej patta</i>)	5-6
Onions, finely sliced	3
Salt to taste	
Coriander (<i>dhaniya</i>) seeds	1½ tbsp / 9 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Dry red chillies (<i>sookhi lal mirch</i>)	10
Ginger (<i>adrak</i>), 3" piece, julienned	1
Garlic (<i>lasan</i>), whole pods	8
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz

Method:

1. Heat the oil in a pan; add all the spices from black cardamom to bay leaves. Add onions and sauté till the onions are translucent.
2. Add the remaining ingredients (except yoghurt) and the lamb. Cook covered on low heat, stirring occasionally.
3. When the lamb is nearly done, add the yoghurt and mix well. Simmer till the lamb is fully done and the oil separates. Serve hot.

Serves: 4-6



Rara Meat

Spicy lamb

Ingredients:

Lamb, pieces	1 kg / 2.2 lb
Ghee	1 cup / 200 gm / 7 oz
Onion paste	1½ cups / 450 gm / 1 lb
Ginger (<i>adrak</i>) paste	4 tsp / 24 gm
Garlic (<i>lasan</i>) paste	4 tsp / 24 gm
Cinnamon (<i>dalchini</i>), 1" stick	1
Cloves (<i>laung</i>)	3
Tomato purée	1 cup / 200 ml / 7 fl oz
Red chilli powder	4 tsp / 8 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	3 tsp / 4½ gm
Nutmeg (<i>jaiphal</i>), ground	½
Mace (<i>javitri</i>), ground	1 tsp / 2 gm
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Salt to taste	
Garam masala	2 tsp / 4 gm
Green coriander (<i>hara dhaniya</i>), finely chopped	½ cup / 12 gm

Method:

1. Heat the ghee in a wok (*kadhai*) on medium-high heat. When hot, add the onion paste and fry till it turns light brown in colour.
2. Add ginger-garlic pastes and sauté for a few seconds.
3. Add cinnamon stick, cloves, and lamb. Cook till the lamb is slightly tender and brown.
4. Add tomato purée, red chilli powder, turmeric powder, coriander powder, nutmeg, mace, yoghurt, and salt. Cook for 10 minutes more on medium heat.
5. Add garam masala and 3 cups water. Cook covered on low heat until the oil separates from the spices and comes to the surface.
6. The lamb should be quite tender by now. Remove the cover and let it simmer for 5-6 minutes, until enough of the liquid has evaporated, leaving a thick gravy.
7. Serve hot, garnished with green coriander.

Serves: 4

Rajasthani Gosht

Lamb cooked in Rajasthani style

Ingredients:

Lamb, boneless, cut into 3 cm cubes	1½ kg / 3.3 lb
Yoghurt (<i>dahi</i>), whisked	1¼ cups / 250 gm / 9 oz
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Almonds (<i>badaam</i>), blanched	½ cup / 60 gm / 2 oz
Coconut (<i>nariyal</i>), cut to pieces	½ cup / 50 gm / 1¾ oz
Vegetable oil	¾ cup / 150 ml / 5 oz
Ginger (<i>adrak</i>), julienned	1 tbsp / 18 gm
Salt to taste	
Green cardamom (<i>choti elaichi</i>) powder	1½ tsp / 3 gm
Cream	6 tbsp / 120 ml / 4 fl oz
Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml
Rose water (<i>gulab jal</i>)	1 tsp / 5 ml
Green chillies, chopped	6

Method:

1. Clean the lamb and boil for 5 minutes with salt and 7½ cups water. Drain and wash the lamb.
2. Mix yoghurt with white pepper. Keep aside. Blend almonds and coconut with ¼ cup water to a paste.
3. Heat the oil in a pan; add lamb, spiced yoghurt, ginger, and salt. Add 4 cups water, cover and simmer, stirring occasionally, until lamb is tender and the liquid has almost evaporated. Add almond-coconut paste; stir for 2 minutes. Stir in cardamom powder, cream, lemon juice, and rose water. Sprinkle green chillies. Seal the pan with dough and bake in a preheated oven at 135°C / 270°F for 15 minutes. Break the seal and serve hot.

Serves: 4-5



Erachi Korma

Lamb korma

Ingredients:

Lamb, cut into pieces	225 gm / 8 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Cinnamon (<i>dalchini</i>), 1" sticks	3
Cloves (<i>laung</i>)	3
Green cardamom (<i>choti elaichi</i>)	4
Onions, medium-sized, finely sliced	2
Green chillies, ground	3
Ginger (<i>adrak</i>), ground, 1" piece	1
Garlic (<i>lasan</i>) cloves, ground	7
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	¼ tsp
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Tomatoes, small, chopped	2
Salt to taste	
Water	1 cup / 250 ml / 8 fl oz
Coconut (<i>nariyal</i>), grated	2 cups / 200 gm / 7 oz
Aniseed (<i>saunf</i>)	2 tsp / 4 gm
Poppy seeds (<i>khus khus</i>)	1 tsp / 2 gm

Method:

1. Heat the oil in a deep pan; add cinnamon sticks, cloves, and green cardamom. When they crackle, add the onions, green chillies, ginger, garlic, coriander powder, red chilli powder, and turmeric powder; sauté for a few minutes. Stir in the lamb. Reduce heat and cook covered, stirring occasionally.
2. Add the yoghurt, tomatoes, salt, and water; cook till the lamb is tender.
3. Make a paste of the remaining ingredients and add to the pan. Let the lamb mixture simmer for a while and then remove from heat. Serve hot.

Serves: 1-2

Lamb-Do-Pyaza

Lamb curry cooked with onions

Ingredients:

Lamb, cut into cubes	1 kg / 2.2 lb
Button onions	300 gm / 11 oz
Butter	1 tbsp / 20 gm
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Bay leaves (<i>tej patta</i>)	3
Cloves (<i>laung</i>)	10
Cinnamon (<i>dalchini</i>), 1" sticks	5
Dry red chillies (<i>sookhi lal mirch</i>)	8
Green cardamom (<i>choti elaichi</i>)	10
Onions, chopped / sliced	1 cup / 120 gm / 4 oz
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Tomatoes, skinned, deseeded, chopped	300 gm / 11 oz
Garam masala	2 tsp / 4 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Cumin (<i>jeera</i>) powder	4 tsp / 6 gm
Mace (<i>javitri</i>) powder	1½ tsp / 3 gm
Nutmeg (<i>jaiphal</i>), powdered	½ / 1 gm
Black pepper (<i>kali mirch</i>), crushed	2 tsp / 4 gm
Salt to taste	
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Ginger, julienned	1 tsp / 6 gm

Method:

1. Blanch the button onions and toss in hot butter for a few minutes.
2. Heat the oil in a pan; add turmeric powder and the whole spices and sauté on medium heat until they begin to crackle.
3. Add the onions and sauté until soft and golden in colour. Add the ginger and garlic pastes and tomatoes. Stir and cook for 5 minutes.
4. Add the lamb, stir and cook for 10-15 minutes on medium heat until a pleasant aroma emanates. Reduce heat and simmer until the lamb is tender.
5. Mix in garam masala, coriander powder, cumin powder, mace powder, nutmeg powder, and black pepper. Add salt to taste. Add the button onions and stir. Cover and cook for 2-3 minutes.
6. Serve hot, garnished with green coriander and ginger.

Serves: 4-5



Saag Meat

Lamb cooked with spinach

Ingredients:

Lamb, cut into pieces	500 gm / 1.1 lb
Spinach (<i>palak</i>), chopped	300 gm / 11 oz
Ghee	½ cup / 100 gm / 3½ oz
Onions, chopped	1 cup / 120 gm / 4 oz
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Red chilli powder	2 tsp / 4 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Garam masala	1 tsp / 2 gm
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Salt	2 tsp / 8 gm

Method:

1. Heat the ghee in a wok (*kadhai*); add the onions and sauté till light brown.
2. Add ginger-garlic pastes and sauté for a while. Now, add the lamb and cook for 10 minutes.
3. Add coriander powder, red chilli powder, turmeric powder, cumin seeds, garam masala, yoghurt, and salt. Cook for 15 minutes.
4. Finally, add the spinach and cook on low heat till the spinach has wilted, the lamb is tender and there is hardly any liquid left.
5. Serve hot with a dash of ghee sprinkled on top.

Serves: 2-4



Kareli Kebab

Stewed cinnamon-flavoured lamb shanks

Ingredients:

Lamb, shanks on the bone, 10 cm long pieces	1 kg / 2.2 lb
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Red chilli powder	2 tsp / 4 gm
Salt to taste	
Maize flour (<i>makke ka atta</i>)	1 tsp / 2 gm
Garam masala	3 tsp / 6 gm
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Bay leaves (<i>tej patta</i>)	2
Cinnamon (<i>dalchini</i>), 1" sticks	4
Green cardamom (<i>choti elaichi</i>)	10

Method:

1. Remove the white membranes from the surface of the lamb. Prick thoroughly down to the bone with a large fork until all the fibers are broken. (The success of the dish depends upon how well this is done.)
2. Apply the ginger and garlic pastes, red chilli powder, salt, maize flour, and garam masala evenly over the shanks. Keep aside for 1-2 hours.
3. Heat the oil in a pan and add all the whole spices. Sauté over medium heat until they begin to crackle.
4. Arrange the shanks in the pan and sauté over medium heat for 10-15 minutes until the meat changes colour.
5. Add 2 cups of hot water, stir and cover. Let the meat simmer for 40 minutes or until it is completely tender. Remove each piece with a tong and keep aside.
6. Strain the sauce and reduce further on very low heat until it becomes a thick concentrate.
7. Add the shanks to the sauce, coating each one evenly. Serve garnished with sliced cucumbers, onion rings, tomatoes and lemon wedges.

Serves: 4-5

Khatta Gosht

Tamarind in spicy lamb preparation

Ingredients:

Lamb, boneless	500 gm / 1.1 lb
Corn oil	6-7 tbsp / 90-105 ml / 3-3½ fl oz
Green chillies, deseeded	3-4
Onions, chopped	2
Curry leaves (<i>kadhi patta</i>)	5-6
Onion seeds (<i>kalonji</i>)	¼ tsp
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Mix with 1 cup water:	
Red chilli powder	1 tsp / 2 gm
Salt	1 tsp / 4 gm
Coriander (<i>dhaniya</i>) powder	1½ tsp / 2 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Tomato purée	1 tbsp / 15 ml
Sugar	1 tbsp / 20 gm

Water	3 cups / 750 ml / 24 fl oz
Tamarind (<i>imli</i>) paste	½ tsp
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Heat the oil in a heavy-bottomed pan; add green chillies and sauté. Remove with a slotted spoon and keep aside. Add onions, curry leaves, and onion seeds; sauté on medium heat for a few minutes and then add ginger-garlic paste, stirring continuously.
2. Add lamb and stir for a few minutes on low heat.
3. Pour the spice mixture in the pan, increase heat and cook till the mixture comes to the boil. Pour the water and mix well. Lower heat and cook covered for 30 minutes. In between add tamarind paste and stir.
4. When all the water is evaporated, stir-fry till the oil appears on the sides of the pan and the lamb is cooked through.
5. Serve hot garnished with green coriander.

Serves: 4



Gosht Passanda

Spicy lamb in yoghurt based sauce

Ingredients:

Lamb, cut into 2" x 4" pieces	750 gm / 26 oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onions, chopped	1 cup / 120 gm / 4 oz
Ginger (<i>adrak</i>), finely chopped	1 tbsp / 25 gm
Garlic (<i>lasan</i>) cloves	2 tbsp / 30 gm / 1 oz
Poppy seeds (<i>khus khus</i>)	1 tbsp
Black cardamom (<i>badi elaichi</i>)	3
Cinnamon (<i>dalchini</i>), 1" stick	1
Bay leaf (<i>tej patta</i>)	1
Green cardamom (<i>choti elaichi</i>)	3
Cloves (<i>laung</i>)	7
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Salt to taste	
Red chilli powder	2 tsp / 4 gm
Garam masala	1 tsp / 2 gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), chopped	2½ tbsp / 10 gm
Cream, fresh	½ cup / 100 ml / 3½ fl oz

Method:

1. Heat the oil in a heavy-bottomed wok (*kadhai*); sauté half the onions till golden brown. Remove with a slotted spoon; keep aside.
2. Blend the fried onion, the remaining raw onion, ginger, garlic, and poppy seeds with 2 tbsp water.
3. Reheat the oil and add the whole spices. Sauté till they crackle. Add onion paste and sauté for about 5 minutes. Add lamb and sauté for 5-7 minutes or till the fat surfaces.
4. Add yoghurt and stir for another 5 minutes. Add salt, red chilli powder, garam masala, and black pepper powder; mix well.
5. Cover with a lid and cook on medium heat for 15-20 minutes or till the lamb is tender.
6. Serve hot garnished with green coriander and cream.

Serves: 4



Kala Masoor Dal Ma Gosht

Lamb in a thick lentil gravy

Ingredients:

Lentil (<i>masoor dal</i>), washed, soaked for 1 hour	250 gm / 9 oz
Lamb, cut into pieces	750 gm / 26 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onions, large, chopped lengthwise	3-4
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Garam masala	1½ tsp / 3 gm
Parsi <i>sambhar</i> masala	1 tsp / 2 gm
Green chillies, whole	4
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Tomatoes, finely chopped	3-4

Serves: 6-8

Method:

1. Heat the oil in a large pan; sauté the onions till golden brown. Add the ginger-garlic paste, garam masala, Parsi *sambhar* masala, green chillies, turmeric powder, and salt. Sauté for 5-10 minutes.
2. Add the tomatoes and cook on low heat till the water is completely absorbed.
3. Add the lamb and the drained lentil; pressure cook till 3 whistles or till done.
4. Take out a bowlful of lentil from the cooker, mash well and put it back in the cooker. (This is done for a smooth gravy.)
5. Serve hot.

Variation: This dish can also be made without lamb.

Dhansak

Lamb cooked with mixed grams and vegetables – a typical Parsi dish

Ingredients :

Lamb / Chicken, cut into small pieces	1 kg / 2.2 lb
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Onions, finely chopped	3
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
<i>Dhansak</i> masala (see p. 10)	2 tbsp / 20 gm
Lentil (<i>masoor dal</i>), washed	¼ cup / 28 gm
Split red gram (<i>arhar dal</i>)	1 cup / 150 gm / 5 oz
Green gram (<i>sabut moong dal</i>)	¼ cup / 75 gm / 2½ oz
Bengal gram (<i>chana dal</i>)	¼ cup / 40 gm
Red pumpkin (<i>lal kaddu</i>), chopped	50 gm / 1¾ oz
Aubergine (<i>baingan</i>), small, chopped	1
Tomatoes, small, chopped	2
Onion, big, chopped	1
Potato, chopped	1
Fenugreek (<i>methi</i>) leaves, fresh	2 tbsp / 10 gm
or Dry fenugreek leaves (<i>kasoori methi</i>)	1 tsp / ½ gm

Method :

1. Wash and soak the lentil and the red and green grams separately for 1 hour. Drain and keep aside.
2. Heat the oil in a pan; sauté the onions, ginger-garlic paste, and *dhansak* masala till brown.
3. Pressure cook the lamb / chicken, lentil, grams, vegetables, and onion mixture with adequate water till the meat is done. Keep aside to cool.
4. Remove the meat pieces; mash and strain the remaining mixture. Then cook for 5-7 minutes. Now add the meat and cook till the mixture becomes thick.
5. Serve hot.

Serves: 6-8



Dal Gosht

Lamb cooked with Bengal gram

Ingredients :

Lamb, cut into ½" cubes	1 kg / 2.2 lb
Bengal gram (<i>chana dal</i>), soaked for 2 hours	1½ cups / 240 gm / 9 oz
Vegetable oil	6 tbsp / 60 ml / 2 fl oz
Ginger-garlic (<i>adrak-lasan</i>) paste	4 tsp / 24 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	2 tsp / 4 gm
Garam masala	2 tsp / 4 gm
Onions, chopped, paste	3
Tomatoes, chopped, paste	4
Salt to taste	
Sugar	1 tsp / 3 gm
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Green coriander (<i>hara dhaniya</i>), finely chopped	1 tbsp / 4 gm

Method :

1. Drain and cook the Bengal gram in 1 cup water till tender, but not over cooked. Drain and keep aside.
2. Heat the oil in a wok (*kadhai*); add the lamb and fry till well browned. Add the ginger-garlic paste, turmeric powder, red chilli powder, garam masala, and onion-tomato pastes. Reduce heat and cook till the oil separates from the mixture.
3. Add the salt, sugar, yoghurt, and 2½ cups water. Cook on low heat till the lamb is tender. Add the Bengal gram and bring the mixture to the boil. Lower heat and simmer until well blended.
4. Serve hot, garnished with green coriander.

Serves: 6-8

Rus Chawal

Parsi style lamb in tomato gravy

Ingredients:

Lamb, cut into pieces	750 gm / 26 oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onions, large, finely sliced lengthwise	3
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tsp / 12 gm
Red chilli powder	1½ tsp / 3 gm
Turmeric (<i>haldi</i>) powder	¼ tsp / ½ gm
Salt to taste	
Tomatoes, large, finely sliced	4
Potatoes, peeled, cut lengthwise	250 gm / 9 oz
Green coriander (<i>hara dhaniya</i>), finely chopped	1 tbsp / 4 gm

Method:

1. Heat the oil in a large pan; add the onions and sauté till brown. Add the ginger-garlic paste, red chilli powder, turmeric powder, and salt; sauté for about 1 minute.
2. Add the tomatoes and let the mixture simmer till it is absolutely dry.
3. Add the lamb and sauté for some time. Gradually, add about 3 cups water and cook till the lamb is almost done. Add the potatoes and cook till tender.
4. Garnish with green coriander and serve hot with steamed rice.

Serves: 4



Gosht Na Vindaloo

Parsi lamb vindaloo

Ingredients:

Lamb, cut into small cubes	500 gm / 1.1 lb
Grind to a paste with 2 tbsp vinegar:	
Dry red chillies (<i>sookhi lal mirch</i>)	8
Garlic (<i>lasan</i>) cloves	6
Ginger (<i>adrak</i>), 1" piece	1
Cloves (<i>laung</i>)	3
Green cardamom (<i>choti elaichi</i>)	5
Black peppercorns (<i>sabut kali mirch</i>)	6
Cinnamon (<i>dalchini</i>), ½" stick	1
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Salt to taste	

Method:

1. Marinate the lamb with the ground spice paste and salt. Keep aside for 2 hours.
2. Heat the oil in a wok (*kadhai*); fry the lamb for 10 minutes. Add 5 cups water and bring the mixture to the boil. Stir occasionally. Cook for about 50 minutes or till the lamb is almost done.
3. Now, add the potatoes, onions, and tomatoes. Cook till the lamb and potatoes are cooked. Finally, add the green peas; mix well and serve.

Serves: 6-7

Vegetable oil	6 tbsp / 90 ml / 3 fl oz
Potatoes, small, peeled, cut	3
Onions, sliced	2
Tomatoes, small	3
Green peas (<i>hara matar</i>), boiled	250 gm / 9 oz

Bafat

Parsi lamb cooked in spiced vinegar

Ingredients :

Leg of lamb, cut into pieces with bone	1 kg / 2.2 lb
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Onions, sliced	2
Ginger (<i>adrak</i>), 3" piece, ground	1
Garlic (<i>lasan</i>), ground	2 pods
Potatoes, medium-sized, peeled, cut in half	8
Grind to a paste with 1 tbsp vinegar:	
Dry red chillies (<i>sookhi lal mirch</i>), seeded	8-9
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Cinnamon (<i>dalchini</i>), ½" stick	1
Cloves (<i>laung</i>)	6
Green cardamom (<i>choti elaichi</i>)	6
Black peppercorns (<i>sabut kali mirch</i>)	2 tsp / 3 gm
Tomatoes, chopped	4
Jaggery (<i>gur</i>) to taste	
Salt to taste	

Method :

1. Heat 2 tbsp oil in a pan; add onions, ginger, and garlic; sauté for 2 minutes.
2. Add the lamb and sauté till brown. Add about 1 cup water, lower heat, and simmer till the lamb is almost done. Add the potatoes; mix well.
3. Meanwhile, heat the remaining oil in another pan; sauté the ground paste. Add the tomatoes and cook on low heat for 2 minutes. Transfer the tomato mixture to the lamb mixture. Add jaggery and salt; mix well. Simmer for 10 minutes.
4. Serve hot with chapattis.

Serves: 6-8



Dahi Ma Gosht

Parsi-style lamb cooked in yoghurt and raisins

Ingredients :

Lamb, cut into pieces	1 kg / 2.2 lb
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onions, large, finely chopped lengthwise	4
Ginger-garlic (<i>adrak-lasan</i>) paste	3 tsp / 18 gm
Dry red chillies (<i>sookhi lal mirch</i>)	2 tsp / 4 gm
Yoghurt (<i>dahi</i>)	4 cups / 800 gm / 28 oz
Raisins (<i>kishmish</i>), finely ground	2 cups / 200 gm / 7 oz
Salt to taste	

Method :

1. Heat the oil in a pressure cooker; sauté the onions till golden brown. Add ginger-garlic paste and dry red chillies; cook adding 1 tsp yoghurt, at a time, till half the yoghurt is used up. Now add the lamb and mix well.
2. Beat the remaining yoghurt till smooth and add to the lamb mixture. Pressure cook till 3 whistles or till the lamb is tender.
3. If the gravy is too thin, remove the lamb and boil till thick. Return the lamb to the cooker, and mix in the raisins. The gravy should be minimal.
4. Serve hot with chapattis.

Serves: 6-7

Variation: *Chicken can also be used as an alternative.*

Matar Ma Gosht

Lamb cooked with green peas – a Parsi preparation

Ingredients:

Lamb, cut into cubes	350 gm / 12 oz
Green peas (<i>hara matar</i>), shelled	350 gm / 12 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onions, medium-sized, finely sliced	2
Garlic (<i>lasan</i>) cloves, ground to a paste	6
Ginger (<i>adrak</i>), 2 cm piece, ground to a paste	1
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Parsi <i>sambhar</i> masala	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), finely chopped	3 tbsp / 12 gm
Onions, medium-sized, finely chopped	2
Salt to taste	

Method:

1. Heat the oil in a pan; sauté the onions till golden. Remove and drain the excess oil on absorbent paper towels.
2. In the same oil, add garlic-ginger paste, turmeric powder, and Parsi *sambhar* masala. Cook for 1 minute adding 1 tbsp water, if the paste sticks to the bottom of the pan.
3. Add the lamb and cook on high heat for 3 minutes.
4. Add green peas, green coriander, fried onions, and salt. Mix well. Add 4 cups water, bring to the boil. Lower heat and simmer (covered) till the lamb is tender and about $\frac{3}{4}$ cup gravy remains. Serve hot.

Serves: 4



Parsi Gosht Ne Curry

Lamb curry flavoured with coconut

Ingredients:

Lamb, cut into 1" cubes	500 gm / 1.1 lb
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Onions, large, sliced	4
Ginger (<i>adrak</i>), 1" piece, paste	1
Garlic (<i>lasan</i>) pods, paste	10
Roast and grind to a paste:	
Coriander (<i>dhaniya</i>) seeds	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds	$\frac{1}{2}$ tsp / 1 gm
Poppy (<i>khus khus</i>) seeds	3 tsp / 6 gm
Groundnuts (<i>moongphalli</i>)	2 tsp
Coconut (<i>nariyal</i>), grated, ground	$\frac{1}{2}$
Tomatoes, large, chopped, peeled	2
Salt to taste	
Dry red chillies (<i>sookhi lal mirch</i>)	7
Curry leaves (<i>kadhi patta</i>)	4-5

Method:

1. Heat the oil in a pan; sauté the onions until golden brown. Add ginger-garlic paste and sauté on low heat for 2 minutes.
2. Add the spice paste; sauté for 2 minutes. Add the coconut and cook till a pleasant aroma emanates. Add the lamb, and the remaining ingredients; sauté for 10 minutes. Gradually, pour in 4 cups water, stirring to blend well. Bring to the boil.
3. Cover the pan, with water on the lid, and simmer, stirring occasionally, till the gravy is thick and the lamb is tender. Serve hot with steamed rice.

Serves: 4-6

Nihari Gosht

Spicy lamb in a thick gravy

Ingredients:

Lamb with bones, cut into small pieces	1 kg / 2.2 lb
Ghee	2 tbsp / 30 gm / 1 oz
Onion, sliced	1
Cinnamon (<i>dalchini</i>), 1" sticks	2
Bay leaves (<i>tej patta</i>)	2
Onion, chopped	1
Black cardamom (<i>badi elaichi</i>)	3
Cloves (<i>laung</i>)	5
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Garlic (<i>lasan</i>) paste	2½ tsp / 15 gm
Ginger (<i>adrak</i>) paste	2" piece
Salt to taste	
Yoghurt (<i>dahi</i>), beaten	1 cup / 200 gm / 7 oz
Refined flour (<i>maida</i>)	1 tsp / 3 gm
Gram flour (<i>besan</i>)	2 tsp / 6 gm
Garam masala	1 tsp / 2 gm
Mace (<i>javitri</i>), powdered	½ tsp / 1 gm
Aniseed (<i>saunf</i>), powdered	1 tsp / 2 gm
Green cardamom (<i>choti elaichi</i>), powdered	5
Saffron (<i>kesar</i>)	a few strands
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Green coriander (<i>hara dhaniya</i>)	4 tbsp / 32 gm / 1 oz
Vetivier (<i>kewda</i>) essence (optional)	2 tsp / 10 ml

Method:

1. Heat the ghee in a pan; add the sliced onion, cinnamon sticks, and bay leaves; sauté on medium heat until golden brown. Add the lamb, chopped onion, black cardamom, and cloves; cook till the liquid has evaporated.
2. Add the coriander powder, red chilli powder, turmeric powder, garlic paste, ginger paste, and salt; sauté until the oil separates.
3. Add the yoghurt and bring the mixture to the boil. Reduce heat to medium and cook for about 15 minutes.
4. Add 2 cups water and bring to the boil again, cover and simmer, stirring occasionally, until the lamb is tender. Remove the lamb from the gravy and keep aside.
5. Heat 1 tbsp ghee in a pan; add the refined flour and gram flour; sauté on low heat, stirring constantly until light brown. Stir in the gravy. Strain the thick gravy through a soup strainer, reheat the gravy and bring to the boil.
6. Add the lamb, garam masala, mace powder, aniseed powder, green cardamom powder, saffron, and lemon juice; mix well and cook on low heat for 30 minutes.
7. Vetivier essence is added just before serving, but it is optional.
8. Garnish with green coriander and serve with tandoori roti (see p. 398) or naan (see p. 410).

Serves: 6



Lamb Peralan

Creamy lamb curry from Kerala

Ingredients:

Lamb, cut into small pieces	1 kg / 2.2 lb
Ginger (<i>adrak</i>), sliced long	2 tsp / 12 gm
Vinegar (<i>sirka</i>)	3 tbsp / 45 ml / 1½ fl oz
Turmeric (<i>haldi</i>) powder	1 tbsp
Salt to taste	
Vegetable oil	6 tbsp / 90 ml / 3 fl oz
Onions, large, cut into thick, long slices	1 cup / 120 gm / 4 oz
Ginger, cut into long slices	2 tsp / 12 gm
Garlic (<i>lasan</i>) cloves	24
Green chillies, slit	8
Curry leaves (<i>kadhi patta</i>)	a handful
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Refined flour (<i>maida</i>)	1 tsp / 3 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Turmeric powder	½ tsp / 1 gm
Vinegar	3 tsp / 15 ml

Method:

1. Cook the lamb with ginger, vinegar, turmeric powder, salt, and water for half an hour in a pressure cooker. Then release the pressure and open the cooker carefully.
2. Cook till the gravy is reduced to a cup. Remove and separate the lamb pieces.
3. Heat 3 tbsp oil in a pan; add the onions, ginger, garlic, green chillies, and curry leaves; sauté for a few minutes. Remove with a slotted spoon and drain the excess oil on absorbent paper towels; keep aside.
4. To the remaining oil, add another 3 tbsp of oil and sauté the mustard seeds. When they splutter, add the flour and sauté.
5. Add the coriander powder, black pepper powder, and turmeric powder; sauté on low heat.
6. Then add the gravy, lamb, sautéed onion mixture, vinegar, and a little more salt. Mix well. Simmer until the gravy is thick. Remove from heat and serve hot.

Serves: 6



Lamb Stew

Ingredients:

Lamb / Chicken, tender	1 kg / 2.2 lb
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz
Cinnamon (<i>dalchini</i>), 1" sticks	3
Cloves (<i>laung</i>)	12
Green cardamom (<i>choti elaichi</i>)	4
Black peppercorns (<i>sabut kali mirch</i>), crushed	1½ tbsp
Onions, sliced long	½ cup / 60 gm / 2 oz
Green chillies, slit half	6
Ginger (<i>adrak</i>), sliced long	1½ tbsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>) cloves	15
Curry leaves (<i>kadhi patta</i>)	a few
Refined flour (<i>maida</i>)	1 tbsp / 10 gm
Vinegar (<i>sirka</i>)	2¼ tbsp / 33 ml
Coconut milk, thick, extracted from 2 cups of grated coconut	½ cup / 100 ml / 3½ fl oz
Coconut milk, thin	3 cups / 600 ml / 16½ fl oz
Potatoes, carrots, beans, and peas	1 cup
Black peppercorns	12

Method:

1. Sauté the whole spices in oil. Add the next 5 ingredients. Sauté for a while; remove and keep aside. In the same oil, sauté the flour. Add the meat and fry slightly. Add 1½ tbsp vinegar, salt, and thin coconut milk.
2. When the meat is half cooked, add the vegetables and onion mixture. Cook covered till the gravy is reduced. Add the remaining vinegar and the thick coconut milk. Bring to the boil and remove from heat. Add the black peppercorns and serve hot.

Serves: 6

Koftas

Mince rolls in curry

Ingredients:

Lamb, minced, without fat, finely ground	500 gm / 1.1 lb
Red chilli powder	1½ tsp / 3 gm
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	3 tsp / 6 gm
Asafoetida (<i>hing</i>)	2 pinches
Yoghurt (<i>dahi</i>)	1½ tbsp / 45 gm / 1½ oz
Vegetable oil (for mince)	2 tbsp / 30 ml / 1 fl oz
Black cardamom (<i>badi elaichi</i>) seeds; crushed, skins kept aside	3
Whole Bengal gram (<i>bhuna chana</i>), roasted, powdered (optional)	1¼ tbsp / 30 gm / 1 oz
Salt to taste	
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Water	1 cup / 250 ml / 8 fl oz
Garam masala	½ tsp
Cloves (<i>laung</i>)	4
Bay leaves (<i>tej patta</i>)	2

Serves: 4-6

Method:

1. Take the minced meat in a bowl, add red chilli powder (1 tsp), ginger powder (¼ tsp), aniseed powder (1 tsp), asafoetida (1 pinch), yoghurt (1 tbsp), oil, black cardamom seeds, whole Bengal gram powder and salt. Knead well with your hand till the spices are well blended and the mixture starts to grease your hands.
2. Make 15 equal portions of the mixture. On a flat greased surface, roll each portion gently into a 3"-long sausage or kofta. Put aside.
3. Heat the oil in a deep pan. Add the remaining red chilli powder mixed with yoghurt and stir briskly. When the oil separates, add the water and stir again.
4. Add the remaining ingredients and salt; cook till the gravy comes to the boil.
5. Carefully slide in the koftas, one at a time, and cook on high heat till the gravy starts to thicken. Lower heat and cook, stirring gently till the oil separates.
6. Serve hot with rice.



Kalia

Lamb in spicy yoghurt sauce

Ingredients:

Lamb	1 kg / 2.2 lb
Water	1 cup / 250 ml / 8 fl oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	3 tsp / 6 gm
Salt to taste	
Asafoetida (<i>hing</i>)	a pinch
Black cardamom (<i>badi elaichi</i>), crushed	2
Bay leaves (<i>tej patta</i>)	2
Milk	¼ cup / 50 ml / 1¾ fl oz
Yoghurt (<i>dahi</i>)	¼ tsp / 50 ml / 1¾ fl oz
Vegetable oil (for tempering)	2 tbsp / 30 ml / 1 fl oz
Garam masala	½ tsp / 1 gm
Cloves (<i>laung</i>)	4
Green cardamom (<i>choti elaichi</i>)	4

Method:

1. Cook the lamb with water in a pot on high heat.
2. Add turmeric powder, ginger powder, aniseed powder, salt, asafoetida, black cardamom, and bay leaves. Cook covered, for about 20 minutes on high heat. Stir occasionally.
3. Once the lamb is almost tender, cook uncovered on low heat.
4. Beat the milk and yoghurt into a smooth mixture. Add this to the lamb, stirring constantly. Bring to the boil, stirring continuously. Cook for 5 minutes more, after it comes to the boil.
5. In a small pan, heat the oil. Sauté the cloves and green cardamom for a few seconds. Add this spice mixture to the lamb. Serve with steamed rice.

Serves: 6-8

Roganjosh

Spiced lamb cooked in yoghurt

Ingredients:

Lamb, washed well	1 kg / 2.2 lb
Yoghurt (<i>dahi</i>), whisked	1 cup / 200 gm / 7 oz
Cloves (<i>laung</i>)	4
Cinnamon (<i>dalchini</i>), 2" stick	1
Black cardamom (<i>badi elaichi</i>)	3
Bay leaves (<i>tej patta</i>)	2
Ghee	$\frac{3}{4}$ cup / 150 gm / 5 oz
Salt to taste	
Asafoetida (<i>hing</i>)	a pinch
Red chilli powder	2 tsp / 4 gm
Water	2 cups / 500 ml / 16 fl oz
Ginger powder (<i>sonth</i>)	2 tsp / 4 gm
Aniseed (<i>saunf</i>) powder	4 tsp / 24 gm
Saffron (<i>kesar</i>), optional	$\frac{1}{2}$ tsp
Garam masala	1 tsp / 2 gm

Method:

1. Marinate the lamb in yoghurt, cloves, cinnamon stick, black cardamom, and bay leaves for 10 minutes.
2. Heat the oil in a deep pan; add the lamb and cover till it stops spattering. Add salt and asafoetida; stir.
3. Cook on high heat till the yoghurt dries. Lower heat and stir briskly to prevent from sticking.
4. Sprinkle a little water and stir till the meat browns. Repeat this twice, cooking till the oil separates.
5. Add the red chilli powder mixed with a little water. Cook on high heat, stirring briskly. Add water, ginger powder, and aniseed powder; cook for 15 minutes.
6. Soak the saffron in 4 tsp of hot water; grind and add to the lamb. Cook until the lamb is tender and the oil separates. Sprinkle garam masala and serve hot.

Serves: 4



Mangsho Ghugni

Lamb with chickpeas

Ingredients:

Lamb, boneless pieces	200 gm / 7 oz
Chickpeas (<i>kabuli chana</i>)	100 gm / 3½ oz
Vegetable oil	5½ tbsp / 80 ml / 2¾ fl oz
Onions, chopped	$\frac{1}{4}$ cup / 30 gm / 1 oz
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Tomatoes, chopped	50 gm / 1¾ oz
Red chilli powder	$\frac{1}{2}$ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	$\frac{1}{2}$ tsp / $\frac{3}{4}$ gm
Cumin (<i>jeera</i>) powder	$\frac{1}{2}$ tsp / $\frac{3}{4}$ gm
Water	1 cup / 250 ml / 8 fl oz
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Soak the chickpeas in water overnight; next morning boil till soft.
2. Heat the oil in a pan; add the onions, ginger and garlic pastes, tomatoes, and lamb. Mix well.
3. Add all the dry spices and water; cook till the lamb is done.
4. Add the chickpeas along with the water in which they were boiled. Bring the mixture to the boil. Remove from heat and serve hot, garnished with green coriander.

Serves: 2-4

Safed Maas

Exotic lamb curry – Rajasthani style

Ingredients :

Lamb, cut into pieces	1 kg / 2.2 lb
Salt to taste	
Yoghurt (<i>dahi</i>)	1¼ cups / 250 gm / 9 oz
Ghee	1 cup / 200 gm / 7 oz
Green cardamom (<i>choti elaichi</i>)	6-8
Cloves (<i>laung</i>)	5-6
Cinnamon (<i>dalchini</i>), 1" sticks	3-4
Onions, big, sliced	3
Ginger (<i>adrak</i>), 3" pieces, shredded	2
White peppercorns (<i>sabut safed mirch</i>), powdered	15-20
Red chilli seeds, powdered	2 tbsp / 30 gm / 1 oz
Poppy seeds (<i>khus khus</i>), ground	2 tbsp / 40 gm
Coconut (<i>nariyal</i>), powdered	2 tbsp / 30 gm / 1 oz
Wholemilk fudge (<i>khoya</i>), grated	½ cup / 100 gm / 3½ oz
Almonds (<i>badaam</i>), blanched, chopped	15
Cashew nuts (<i>kaju</i>)	10
Garlic (<i>lasan</i>), ground to paste	3 pods
Saffron (<i>kesar</i>)	a pinch
Milk	1 tbsp / 15 ml
Dry red chillies (<i>sookhi lal mirch</i>), deseeded	6-8

Method :

1. Boil the lamb in water with 2 tbsp salt for 10 minutes.
2. Discard the water and transfer the lamb pieces onto a flat dish. Smear the pieces with yoghurt.
3. Heat the ghee; add green cardamom, cloves, cinnamon, and onions. Fry till the onions turn translucent. Add ginger and fry for 1-2 minutes.
4. Add the lamb pieces, white peppercorns, and red chilli seeds. Cook for 45 minutes, on low heat.
5. Add the poppy seeds and coconut powder; simmer for 15-20 minutes. Add the wholemilk fudge and stir the lamb.
6. Add almonds and cashew nuts and then cook until the lamb is almost done.
7. Add garlic paste. Cook on low heat till done.
8. Add saffron soaked in 1 tbsp milk; mix well. Garnish with deseeded skins of red chillies and serve.

Serves: 4-6



Lal Maas

Red hot lamb curry

Ingredients :

Lamb, cut into pieces	1 kg / 2.2 lb
Vegetable oil	1½ cups / 300 ml / 11 oz
Red chilli powder	6 tsp / 12 gm
Coriander (<i>dhaniya</i>) powder	¼ cup
Onions, sliced	3
Yoghurt (<i>dahi</i>)	1¼ cups / 250 gm / 9 oz
Salt to taste	
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Garlic (<i>lasan</i>) paste	2 tbsp / 24 gm
Water, lukewarm	2 cups / 500 ml / 16 fl oz
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method :

1. Mix together all the ingredients from red chilli powder to turmeric powder (except garlic paste) and marinate the lamb pieces for one hour.
2. Heat the oil in a heavy-bottomed pan; add the lamb pieces and cook for 45 minutes on low heat till the pieces become tender.
3. Add the garlic paste and cook till the oil separates.
4. Add the water and bring to the boil. Garnish with green coriander and serve with hot *bajra* roti

Serves: 4-6

Nali Gosht

Lamb curry garnished with green coriander

Ingredients:

Lamb leg, cut into pieces	800 gm / 28 oz
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	2½ tsp / 15 gm
Salt to taste	
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onions, sliced	3 cups / 360 gm / 12 oz
Cloves-Green cardamom (<i>laung-choti elaichi</i>)	6
Mace (<i>javitri</i>)	3
Cinnamon (<i>dalchini</i>), 10 cm stick	1
Coriander (<i>dhaniya</i>) powder	1 tbsp / 4½ gm
Red chilli powder	1 tbsp
Tomatoes, blanched, skinned, chopped	500 gm / 1.1 lb
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Onion seed (<i>kalonji</i>) paste	2 tbsp / 30 gm / 1 oz
Almond (<i>badaam</i>) paste	1½ tbsp / 22 gm
Saffron (<i>kesar</i>)	1 tsp / ½ gm

Method:

1. Marinate the lamb with ginger-garlic paste and salt for 2 hours.
2. Heat the oil in a heavy-bottomed pan; add onions and whole spices. Stir-fry till onions become tender. Add the spices. Stir-fry for a few more minutes. Remove from heat. Transfer to an ovenproof dish and add the remaining ingredients.
3. Cover the dish with a layer of dough and cook in a moderately hot oven for 35 minutes. Remove and garnish with green coriander. Serve hot with naan.

Serves: 4-5



Taar Korma

Boneless lamb cooked with dry spices and nuts

Ingredients:

Lamb, boneless, diced	800 gm / 28 oz
Vegetable oil	6 tbsp / 90 ml / 3 fl oz
Cinnamon (<i>dalchini</i>), 1" stick	1
Cloves (<i>laung</i>)	2
Green cardamom (<i>choti elaichi</i>)	2
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Red chilli powder	1 tsp / 2 gm
Brown onion paste (see p. 10)	1 tbsp / 25 gm
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Tomato purée	½ cup / 100 ml / 3½ fl oz
Lamb stock (see p. 11)	5 cups / 1 lt / 32 fl oz
Garlic paste, browned	2 tbsp / 36 gm / 1¼ oz
Almonds (<i>badaam</i>), fried	1 tbsp / 15 gm
Cashew nuts (<i>kaju</i>), fried	1 tbsp / 15 gm
Sunflower seeds, fried	1 tbsp
Saffron, mace, cardamom	a pinch each

Method:

1. Heat the oil in a pan; crackle the whole spices. Sauté ginger-garlic paste till almost dry. Add lamb, red chilli powder, onion paste, yoghurt, tomato purée, salt, and stock. Cook till the meat is half done.
2. Add garlic paste and cook till the lamb is tender. Remove lamb into an ovenproof dish. Strain the gravy into another pot.
3. Blend dry fruits and sunflower seeds with 4 tbsp water; add to the gravy. Cook for 2-3 minutes. Pour gravy over the lamb. Mix in saffron, mace, and cardamom powders. Cover, seal with dough and cook in a preheated oven for 10 minutes. Serve.

Serves: 4

Baoli Handi

Boneless lamb in tomato purée

Ingredients:

Lamb, cut into boneless cubes	900 gm / 2 lb
Vegetable oil	¾ cup / 150 ml / 5 fl oz
Cinnamon (<i>dalchini</i>), 1" sticks	2
Cloves-Green cardamom (<i>laung-choti elaichi</i>)	5
Nutmeg (<i>jaiphal</i>), powdered	1
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Onions, chopped	1 cup / 120 gm / 4 oz
Salt	1½ tsp / 6 gm
Red chilli powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Carrots (<i>gajar</i>), cut into rounds	200 gm / 7 oz
Tomato purée, fresh	1 cup / 200 gm / 7 oz
Wholemilk fudge (<i>khoya</i>)	30 gm / 1 oz
Brown onion paste (see p. 10)	7 tsp / 45 gm / 1½ oz
Green peas (<i>hara matar</i>), shelled	100 gm / 3½ oz
Mushrooms (<i>guchhi</i>), stems removed	80 gm / 2¾ oz
Cashew nuts (<i>kaju</i>), whole	½ cup / 60 gm / 2 oz
Yoghurt (<i>dahi</i>)	2½ tbsp / 50 gm / 1¾ oz
Garam masala	2 tsp / 4 gm
Water	4 cups / 1 lt / 32 oz

Method:

1. Heat the oil in a pot; add cinnamon sticks, cloves, nutmeg, and green cardamom; sauté till they crackle. Add ginger-garlic paste and sauté again for a few more minutes.
2. Add lamb and onions. Cook on medium heat till the liquid dries. Add salt, red chilli powder, coriander powder, turmeric powder, and carrots.
3. Stir in tomato purée and cook till the oil separates.
4. Mix in wholemilk fudge, onion paste, green peas, mushrooms, cashew nuts, yoghurt, and garam masala. Add water and cover the dish with a layer of dough. Reduce heat and cook till the meat is tender and the gravy has thickened.
5. Serve hot accompanied with steamed rice.

Serves: 4



Aab Gosht

Lamb curry cooked in milk

Ingredients:

Lamb, cut into pieces	1 kg / 2.2 lb
Water	4 cups / 1 lt / 32 fl oz
Aniseed (<i>saunf</i>) powder	5 tsp / 10 gm
Garlic (<i>lasan</i>) cloves, crushed	5
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Salt to taste	
Milk	5 cups / 1 lt / 32 fl oz
Green cardamom (<i>choti elaichi</i>), split open	6
Onion, paste, fried	1 tbsp / 25 gm
Black pepper (<i>kali mirch</i>) powder	1 tbsp / 6 gm
Ghee	½ cup / 100 gm / 3½ oz

Serves: 6-8

Method:

1. Boil the lamb in water with the aniseed powder, garlic, ginger powder, and salt till it is tender. Remove the lamb and keep aside. Strain the stock in another pan and keep aside.
2. In a separate pan, boil the milk with green cardamom. Simmer till the milk is reduced to half. Add fried onion paste, black pepper powder, and ghee. Mix well.
3. Add the lamb and the stock. Stir well and bring the mixture to the boil. Continue to boil for 5-7 minutes and then reduce the heat to low and simmer for another 10 minutes.
4. Serve hot.

Kareli Ka Roganjosh

Lamb shanks in curry

Ingredients :

Lamb shanks	8 / 800 gm / 28 oz
Vegetable oil	4 tsp / 20 ml
Cloves (<i>laung</i>)	3
Green cardamom (<i>choti elaichi</i>)	5
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Salt to taste	
Yoghurt (<i>dahi</i>)	3 tbsp / 60 gm / 2 oz
Brown onion paste (see p.10)	2 tbsp / 50 gm / 1¾ oz
Red chilli powder	1 tsp / 2 gm
Lamb stock (see p. 11)	2 cups / 400 ml / 14 fl oz
Tomato purée	½ cup / 100 ml / 3½ fl oz
Almond (<i>badaam</i>) paste	1 tbsp / 15 gm
Garam masala	½ tsp / 1 gm
Ginger, julienned	1 tsp / 6 gm
Saffron (<i>kesar</i>), crushed in 1 tbsp water	a pinch

Method :

1. Heat the oil in a pan; crackle the whole spices. Add ginger-garlic paste; sauté till almost dry. Add lamb, salt, yoghurt, onion paste, and red chilli powder. Stir for 3-5 minutes. Add lamb stock, and simmer till meat is tender. Remove lamb into an ovenproof dish and strain the gravy into another pan.
2. Add tomato purée to the gravy and cook till only two-thirds of it is left. Stir in almond paste and garam masala. Cook for 2-3 minutes. Pour over the lamb. Mix in remaining ingredients. Seal the dish with dough and simmer for 5 minutes in a preheated oven 180°C / 350°F.
3. Open the seal and serve hot.

Serves: 4



Kadhai Gosht

Tender lamb in a thick gravy

Ingredients :

Lamb, cut into ½" cubes	500 gm / 1.1 lb
For the marinade:	
Red chilli powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Aniseed (<i>saunf</i>) powder	2 tsp / 4 gm
Fenugreek (<i>methi</i>) leaves, fresh	2 tsp / 2 gm
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Onion, large, chopped	1
Bay leaves (<i>tej patta</i>)	2
Cinnamon (<i>dalchini</i>), 2" stick	1
Cloves (<i>laung</i>)	6
Green cardamom (<i>choti elaichi</i>)	6
Ginger (<i>adrak</i>), finely chopped	1 tsp / 6 gm
Garlic (<i>lasan</i>), finely chopped	1½ tsp / 6 gm
Salt to taste	

Method :

1. In a big bowl, combine all the ingredients for the marinade. Add the lamb, mix well and set aside to marinate for half an hour.
2. Heat the oil in a wok (*kadhai*); add the onion and sauté till translucent. Add bay leaves, cinnamon stick, cloves, green cardamom, ginger, and garlic. Stir thoroughly and fry for 2-3 minutes.
3. Add the marinated lamb and salt. Mix well. Pour 1 cup water and cook till the lamb is tender and the gravy is thick. Serve hot.

Serves: 2-4

Kohe Awadh

Spicy lamb chops

Ingredients:

Lamb chops	10 pieces
Ghee	4 tbsp / 60 gm / 2 oz
Green cardamom (<i>choti elaichi</i>)	8
Cloves (<i>laung</i>)	8
Cinnamon (<i>dalchini</i>), 1" sticks	2
Bay leaves (<i>tej patta</i>)	2
Ginger (<i>adrak</i>) paste	3 tbsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>) paste	3 tbsp / 36 gm / 1¼ oz
Salt to taste	
Yoghurt (<i>dahi</i>)	2 cups / 400 gm / 14 oz
Red chilli powder	1 tsp / 2 gm
Brown onion paste (see p. 10)	½ cup / 150 gm / 5 oz
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder	½ tsp / ¾ gm
Mace (<i>javitri</i>) powder	1 tsp / 2 gm
Green cardamom (<i>choti elaichi</i>) powder	½ tsp / 1 gm
Saffron (<i>kesar</i>)	1 tsp / ½ gm
Vetivier (<i>kewda</i>)	2 drops
Milk	1 tbsp / 15 ml
Green coriander (<i>hara dhaniya</i>), chopped	1 tsp
Ginger, julienned	2 tsp / 12 gm

Method:

1. Heat the ghee in a pan; add lamb, green cardamom, cloves, cinnamon sticks, bay leaves, ginger-garlic paste, and salt. Cover and cook on low heat for 30 minutes, stirring occasionally. Uncover and stir-fry for a few minutes.
2. Add yoghurt and continue to stir-fry till the liquid evaporates again.
3. Stir in red chilli powder dissolved in 2 tbsp water for a minute. Add brown onion paste dissolved in 3 tbsp water and continue to fry. Add 1 tbsp water when the liquid evaporates, to ensure that the sauce and lamb do not burn.
4. Add half the black pepper and cumin powders and 6 cups water; bring to the boil. Cover, lower heat, seal the lid with dough and simmer for at least 1 hour.
5. Unseal and remove the lamb from the gravy. Strain the gravy, return to the stove and reduce the gravy to pouring consistency.
6. Add mace, cardamom powder, and saffron with vetivier mixed in milk. Cook for about 5 minutes.
7. Pour the sauce over the lamb and garnish with green coriander and ginger. Serve hot.

Serves: 4



Nilgiri Korma

Lamb cooked in coconut curry

Ingredients:

Lamb, cubed, boneless	1 kg / 2.2 lb
Dry red chillies (<i>sookhi lal mirch</i>)	20
Coriander (<i>dhaniya</i>) seeds	7 tbsp / 42 gm / 1¼ oz
Cumin (<i>jeera</i>) seeds	2 tbsp / 12 gm
Fennel (<i>moti saunf</i>)	2 tsp / 4 gm
Poppy seeds (<i>khus khus</i>)	2 tsp / 4 gm
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Cinnamon (<i>dalchini</i>), 1" sticks	5
Cloves (<i>laung</i>)	8
Green cardamom (<i>choti elaichi</i>)	8
Bay leaf (<i>tej patta</i>)	1
Onion paste	¾ cup / 225 gm / 8 oz
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1½ oz
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1½ oz
Salt to taste	
Coconut (<i>nariyal</i>), grated	500 gm / 1.1 lb
Green coriander (<i>hara dhaniya</i>), chopped	5 tbsp / 20 gm
Mint (<i>pudina</i>), chopped	5 tbsp / 20 gm

Serves: 4-5

Method:

1. Dry roast red chillies, coriander seeds, cumin seeds, fennel, and poppy seeds; grind to a fine paste using 3-4 tbsp water.
2. Heat the oil in a pan, add cinnamon sticks, cloves, green cardamom, and bay leaf. Sauté on medium heat until they begin to crackle. Add the onion and garlic-ginger pastes and cook for 5-6 minutes.
3. In a separate pan, heat 2 cups water, add the lamb cubes, bring to the slow boil and cook for 10 minutes.
4. Add the boiled lamb cubes and salt to the sautéed spices. Cook on medium heat for 10-15 minutes, stirring constantly.
5. Add a cup of hot water, cover and cook on low heat until the lamb is almost cooked.
6. Grind the grated coconut in a liquidizer to a very fine paste. Add ½ cup hot water and strain the mixture through a fine cheesecloth to get thick, fresh coconut milk.
7. Add the coconut milk to the lamb, uncover and cook for 10 minutes until the gravy thickens.
8. Serve hot, garnished with green coriander and mint.



Gosht Gulfam

Lamb with cottage cheese

Ingredients :

Lamb, shoulder or leg	1 kg / 2.2 lb
Cottage cheese (<i>paneer</i>), grated	100 gm / 3½ oz
Almonds (<i>badaam</i>)	5 tsp / 25 gm
Pistachios (<i>pista</i>), blanched, halved	50 gm / 1¾ oz
Morel mushrooms (<i>guchhi</i>)	30 gm / 1 oz
Salt to taste	
White pepper (<i>safed mirch</i>) powder	2 tsp / 4 gm
Red chilli powder	2½ tsp / 5 gm
Garam masala	2 tsp / 4 gm
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Cream	2 tbsp / 30 gm / 1 oz
Vegetable oil	6 tbsp / 90 ml / 3 fl oz
Bay leaves (<i>tej patta</i>)	2
Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm
Cinnamon (<i>dalchini</i>) powder	1 tsp / 2 gm
Water / Chicken stock (see p. 11)	1-2 cups / 250-500 ml / 8-16 fl oz
Onion paste	½ cup / 150 gm / 5 oz
Tomatoes, diced	100 gm / 3½ oz
Mace (<i>javitri</i>) powder	1 tsp / 2 gm
Green chillies, slit	2 tsp
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Green coriander (<i>hara dhaniya</i>), chopped	3 tbsp / 12 gm

Serves: 4

Method :

1. Debone the leg or shoulder, spread and flatten the meat completely.
2. In a bowl, mix cottage cheese, almonds, pistachios, morel mushrooms, salt, white pepper, half the red chilli powder, garam masala, ginger and garlic pastes, and cream.
3. Spread the paste over the lamb evenly. Roll the lamb like a Swiss roll and tie firmly with a thread.
4. Place the lamb on a roasting tray, sprinkle over with salt, a pinch of garam masala, a pinch of red chilli powder, oil, crushed bay leaves, cardamom powder, and cinnamon powder. Add water or chicken stock.
5. Cook in a preheated oven at 180°C / 350°F for 45 minutes, basting every 15-20 minutes with the drippings.
6. When the lamb is completely cooked, strain the gravy from the roasting pan to a cooking vessel. Cook on low heat till it is reduced to a semi-thick sauce (about 120 ml / 4 fl oz).
7. Heat the oil in a pan; add onion paste, the remaining ginger and garlic pastes, tomatoes, garam masala, mace powder, salt, green chillies, cumin powder, green coriander, and the sauce. Cook for 2-3 minutes.
8. To serve, untie the lamb, cut into thick slices and arrange on a serving dish. Pour the hot sauce over the meat and serve immediately.

Note: While rolling the meat, a hard-boiled egg can be placed in the centre.



Badaam Parsinda Gosht

Lamb cooked semi-dry with almonds

Ingredients:

Parsinda, cut out of loin or shoulder, cut into

2" x 3" pieces ¼" thick	15 / 500 gm / 1.1 lb
Salt	½ tsp / 2 gm
Red chilli powder	2 tsp / 4 gm
Garam masala	½ tsp / 1 gm

For the stuffing:

Ghee	2 tbsp / 30 gm / 1 oz
Onions, finely chopped	2
Ginger (<i>adrak</i>), chopped	2 tsp / 12 gm
Almonds (<i>badaam</i>), blanched, chopped	2 tbsp / 30 gm / 1 oz
Pistachios (<i>pista</i>), roughly chopped	2 tbsp / 30 gm / 1 oz
Cashew nuts (<i>kaju</i>), roughly chopped	2 tbsp / 30 gm / 1 oz
Green chillies, finely chopped	50 gm / 1¾ oz

For the coating:

Red chilli powder	¼ tsp
Refined flour (<i>maida</i>)	2 tbsp / 20 gm
Salt	¼ tsp
Garam masala	½ tsp / 1 gm

For the gravy:

Ghee	1 cup / 200 gm / 7 oz
Onions, grated	¾ cup / 100 gm / 3½ oz
Water	2½ cups / 500 ml / 16 fl oz
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt	1 tsp / 4 gm
Coriander (<i>dhaniya</i>) seeds, ground	2 tsp / 4 gm
Yoghurt (<i>dahi</i>), whisked	1½ cups / 250 gm / 9 oz
Ginger, chopped	1 tbsp / 24 gm
Garlic (<i>lasan</i>) cloves	8
Garam masala	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Black cumin (<i>shahi jeera</i>) seeds, roasted, ground	1 tsp / 2 gm

Method:

1. For the stuffing, heat the ghee in a wok (*kadhai*); add onions and sauté till golden brown. Add ginger, almonds, pistachios, cashew nuts, green chillies, and salt. Stir-fry for about 5 minutes. Remove from heat and divide the mixture into 15 equal parts.
2. Dust the *parsinda* with seasoning made of salt, red chilli powder, and garam masala.
3. Place 1 part of stuffing over each *parsinda* and roll it up. Tie a piece of thread to seal the filling inside.
4. Roll the *parsinda* over a mixture of red chilli powder, flour, salt, and garam masala.
5. Heat the ghee in a wok (*kadhai*); add the stuffed *parsinda* and fry till golden brown. Remove with a slotted spoon and drain the excess oil on absorbent paper towels.
6. For the gravy, heat the ghee and fry onions till brown. Add 2 tbsp water and fry till it evaporates. Add red chilli powder and 1 tbsp water and fry till it evaporates again.
7. Add turmeric powder, salt, coriander seeds, and yoghurt; mix well. Mix in the stuffed *parsinda*. Add ginger and garlic; stir for a few minutes. Add garam masala and the remaining water.
8. Cook the *parsinda* covered on low heat till tender, add more water if required. Cook till the mixture is almost dry.
9. Serve hot garnished with green coriander and sprinkled with black cumin seeds.

Serves: 4



Caril de Almondegas de Carne

Meat ball curry

Ingredients:

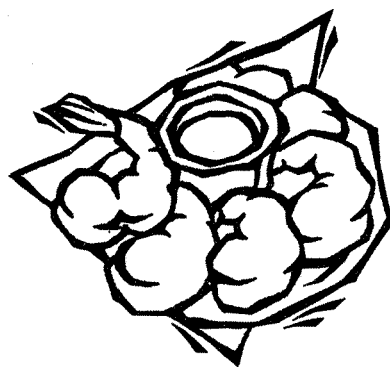
Lamb / Beef, minced	500 gm / 1.1 lb
For the spice paste:	
Kashmiri chillies (<i>sookhi lal mirch</i>)	8
Coriander (<i>dhaniya</i>) seeds	2 tsp / 4 gm
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Black peppercorns (<i>sabut kali mirch</i>)	6
Poppy seeds (<i>khus khus</i>)	½ tsp
Cloves (<i>laung</i>)	5
Cinnamon (<i>dalchini</i>), 1" sticks	2
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Garlic (<i>lasan</i>), minced	1½ tsp / 9 cloves
Ginger (<i>adrak</i>), chopped	1 tsp / 1" piece
Coconut (<i>nariyal</i>), grated	1¼ cups / 100 gm / 3½ oz
Bengal gram flour (<i>besan</i>)	1 tbsp / 10 gm
or Bread, crumbled	2 slices
Green coriander (<i>hara dhaniya</i>), chopped	3 tbsp / 12 gm
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Onion, medium-sized, finely sliced	1
Curry leaves (<i>kadhi patta</i>)	6-8
Tomato, large, chopped	1
Salt	1½ tsp / to taste
Vinegar (<i>sirka</i>)	2 tbsp / 30 ml / 1 fl oz

Method:

1. **For the spice paste**, grind the ingredients with a little water to a smooth paste.
2. Grind the minced meat with 3 tbsp of the spice paste till smooth. Add the Bengal gram flour or crumbled slices of bread, green coriander and ½ tsp salt; mix well. Divide the mixture into small balls about 1" in diameter. Keep aside.
3. Heat the oil in a large pan; sauté the onion till soft and golden brown. Add the curry leaves and the remaining spice paste; stir-fry for a few minutes. Add the tomato and sauté for a few minutes until soft and mushy and the oil begins to separate.
4. Add 2 cups water and bring the mixture to the boil. Simmer for 15 minutes.
5. Drop the meat balls in carefully, one by one, and cook gently for 10 minutes or until just cooked. Shake the pan gently from time to time. Do not stir or the meat balls may break.
6. Add the vinegar and cook for 2 minutes. Adjust seasoning. Remove from heat.
7. Serve with *arroz com coco* (see p. 385).

Serves: 6-8





Fish & Other Seafood

Stir-fried Lobster with Ginger

Ingredients:

Lobsters, cooked, shelled	340 gm / 11 oz
Vegetable oil	1 tbsp / 15 ml
Ginger (<i>adrak</i>), chopped	2 tsp / 10 gm
Courgette (<i>tinda</i>), thinly sliced	1
Oyster sauce	1 tbsp / 15 ml
Fish stock	¾ cup / 150 ml / 5 fl oz
Salt and black pepper (<i>kali mirch</i>) to taste	
Cornflour mixed with a little water	1 tsp / 2 gm

Method:

1. Slice the lobster meat into small pieces. Keep aside.
2. Heat the oil in a wok (*kadhai*); add the ginger and stir-fry. Add the courgette and cook till soft.
3. Add the lobster meat and mix well. Pour in the oyster sauce and fish stock along with salt and pepper. Cook till the sauce thickens and is reduced slightly.
4. Add the cornflour paste, stirring continuously, till the sauce thickens. Serve hot.

Serves: 2-4



Steamed Prawn with Ginger

Ingredients:

Prawns, shelled	500 gm / 1.1 lb
Salt	1 tsp / 4 gm
Ajinomoto	1½ tsp / 8 gm
Eggs, whisked	2
Ginger (<i>adrak</i>), julienned	4 tsp / 24 gm
Chinese wine	2 tsp / 10 ml
Green coriander (<i>hara dhaniya</i>), chopped	3 tbsp / 12 gm

Method:

1. Arrange the prawns neatly in a pan; add salt, ajinomoto, eggs, and ginger. Mix well.
2. Cover the pan and steam the prawns for 10 minutes.
3. Remove from heat; transfer into a serving bowl and pour the Chinese wine on top.
4. Serve immediately, garnished with green coriander.

Serves: 2-4

Patra Ne Macchi

Chutney fish steamed in banana leaves

Ingredients:

Pomfrets, deboned, cut into ½"-thick slices, washed	2 large / 2 kg / 1.1 lb
Salt to taste	
Lemon (<i>nimbu</i>) juice	1
Coconut (<i>nariyal</i>), fresh, grated	1
Green chillies, seeded	3
Green coriander (<i>hara dhaniya</i>)	2 cups / 50 gm / 1¾ oz
Ginger (<i>adrak</i>)	1 tbsp / 24 gm
Garlic (<i>lasan</i>)	1 pod
Banana leaves or aluminium foil paper	4-5

Serves: 6-8

Method:

1. Marinate the fish with salt and half the lemon juice for 30 minutes to 1 hour.
2. Grind the coconut, green chillies, green coriander, ginger, and garlic to a smooth paste. Add salt and the remaining lemon juice.
3. Wash the marinated fish and apply the coconut paste on both sides of the fish.
4. Cut the banana leaves large enough to wrap each piece of fish. Spread a little oil over the leaves and wrap each piece like a parcel. Tie with a cotton thread, and steam in a large steamer for 20 minutes. It can also be baked in an oven at 180°C / 350°F for 15 minutes.
5. Remove the string and serve.



Tareli Macchi

Fried fish – Parsi style

Ingredients:

Fish, fillets or cut into ½"-thick slices	6 large or 12 small
For the marinade:	
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder (optional)	1 tsp / 1½ gm
Lemon (<i>nimbu</i>) juice	1
Salt to taste	

Sesame (<i>til</i>) oil	1 cup / 200 ml / 7 fl oz
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Method:

1. Mix all the ingredients for the marinade and rub into the fish. Marinate for about 30 minutes.
2. Heat the oil in a frying pan; fry the fish on low heat till crisp. Remove with a slotted spoon and drain the excess oil on absorbent paper towels.
3. Serve immediately with lemon slices.

Serves: 6-8

Meen Varathathu

Fish fry

Ingredients:

Fish, cleaned, gashed	250 gm / 9 oz
Red chilli powder	1 tsp / 2 gm
Black pepper (<i>kali mirch</i>) powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	2 pinches
Salt	½ tsp / 2 gm
Vegetable oil for frying	

Serves: 4

Method:

1. Mix all the ingredients (except the fish and oil) with a little water and rub the paste over the fish. Keep aside for an hour.
2. Heat the oil in a wok (*kadhai*); shallow-fry the fish till golden brown. Remove and drain the excess oil on absorbent paper towels. Repeat till all are fried.
3. Serve hot.



Meen Cutlets

Fish cutlets coated with breadcrumbs

Ingredients:

Fish, boiled with vinegar and salt, crumbled	2 cups
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz
Onions, chopped	½ cup / 60 gm / 2 oz
Green chillies, chopped	1½ tbsp
Ginger (<i>adrak</i>), chopped	1 tbsp / 24 gm
Curry leaves (<i>kadhi patta</i>), chopped	½ tsp
Black pepper (<i>kali mirch</i>) powder	½ tsp / 1 gm
Grind to a fine powder:	
Cinnamon (<i>dalchini</i>), ½" sticks	3
Cloves (<i>laung</i>)	2
Green cardamom (<i>choti elaichi</i>)	1
Egg, beaten	1
Breadcrumbs as required	
Vegetable oil for deep-frying	

Method:

1. Heat the oil in a wok (*kadhai*); add the onions, green chillies, ginger, and curry leaves; sauté till the onions turn golden.
2. Add the boiled fish and mix gently for a few minutes.
3. Remove from heat; add black pepper, spice powder, and salt. Mix well.
4. Divide the mixture equally into lemon-sized balls and shape into cutlets. Dip the cutlets in egg and coat with breadcrumbs.
5. Heat the oil in a wok; deep-fry the cutlets, a few at a time, till golden brown. Remove with a slotted spoon and drain the excess oil on absorbent paper towels; serve hot.

Serves: 5

South Indian-Style Fish in Banana Leaves

Ingredients:

Fish, cleaned, cut into pieces	1 kg / 2.2 lb
Grind to a paste:	
Coconut (<i>nariyal</i>), grated	2½ cups / 250 gm / 9 oz
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Garlic (<i>lasan</i>) cloves, small	18
Curry leaves (<i>kadhi patta</i>)	3 sprigs
Green chillies	6
Tamarind (<i>imli</i>), lemon-sized	1
Salt to taste	
Sugar	½ tsp / 1½ gm
Coconut oil	3 tbsp / 45 ml / 1½ fl oz

Method:

1. Mix the sugar with the coconut paste. Rub the paste into the fish.
2. Clean and cut 2 banana leaves large enough to wrap each piece of fish. Pour ½ tsp oil and wrap each piece like a parcel. Secure with a string.
3. Heat half the oil in a frying pan; lower the banana packet and fry on low heat. When one side is browned, pour the remaining oil and turn the packet over.
4. When both sides are crisp, remove the string, unpack and serve hot.

Serves: 6



Mathi Pappas

Sardines in thick gravy

Ingredients:

Sardines, sliced, gashed	500 gm / 1.1 lb
Grind to a paste:	
Coriander (<i>dhaniya</i>) powder	1½ tbsp / 6¾ gm
Red chilli powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	2 pinches
Black pepper (<i>kali mirch</i>) powder	2 pinches
Garlic (<i>lasan</i>) cloves	2
Fenugreek seeds (<i>methi dana</i>), broiled	3 pinches
Coconut (<i>nariyal</i>) oil	3 tbsp / 45 ml / 1½ fl oz
Mustard seeds (<i>rai</i>)	¼ tsp
Onions, sliced	½ cup / 60 gm / 2 oz
Garlic (<i>lasan</i>), sliced	½ tsp / 1½ gm
Ginger (<i>adrak</i>), sliced	½ tsp / 3 gm
Green chillies, split	3
Curry leaves (<i>kadhi patta</i>)	1 sprig
Water	1 cup / 250 ml / 8 fl oz
Cocum (see p. 9)	5-6 pieces
Salt to taste	

Method:

1. Heat the oil in wok (*kadhai*); add the mustard seeds. When they splutter, add the onions, garlic, ginger, and green chillies; sauté for a few minutes.
2. Add the spice paste and sardines; fry over low heat. When browned, add curry leaves, water, cocum, and salt. Bring to the boil and then simmer till the gravy thickens and the fish is cooked.
3. Serve hot.

Serves: 4

Maach Bhaja

Fish fried in mustard oil

Ingredients:

Fish, rohu, deboned, shredded	500 gm / 1.1 lb
Turmeric (<i>haldi</i>) powder	2 tbsp
Salt to taste	
Mustard (<i>sarson</i>) oil	1½ cups / 300 ml / 11 fl oz

Method:

1. Marinate the fish with the salt and turmeric powder for 10 minutes.
2. Heat the mustard oil in a flat pan; shallow-fry the fish till golden brown in colour. Serve hot.

Serves: 2-4



Saser Maach Kala Pata Dia

Mustard fish wrapped and steamed in banana leaves

Ingredients:

Fish, rohu, cleaned	500 gm / 1.1 lb
Mustard (<i>sarson</i>) paste (see p. 10)	¼ cup / 50 gm / 1¾ oz
Salt	4 tsp / 16 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Mustard oil	4 tsp / 20 ml
Banana leaves	4

Serves: 2-4

Method:

1. Mix together the mustard paste, salt, and turmeric powder. Apply over the fish pieces.
2. Brush 1 tsp of oil over each piece of fish and individually wrap in banana leaves.
3. Steam the wrapped fish either in an *idli* container or in a perforated container, put over a large utensil with boiling water (one third level). Cover the vessel and cook over low heat till the fish is done.
4. Serve hot.

Maacher Chop

Fried fish and potato cakes

Ingredients:

Fish, rohu, boiled, deboned	250 gm / 9 oz
Potatoes, boiled, peeled	250 gm / 9 oz
Ghee	1 tsp / 5 gm
Milk	1 tsp / 5 ml
Salt to taste	
Green chillies	2
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Lemon (<i>nimbu</i>) juice	1 tsp / 5 ml
Egg, white only, whisked	1
Salt to taste	
Breadcrumbs to coat	
Vegetable oil for frying	

Method:

1. Heat the ghee in a pan; add the fish, potatoes, and milk.
2. Sauté for a few minutes, stirring continuously. Remove from heat.
3. Add the salt, green chillies, ginger paste, and lemon juice. Mix well.
4. Divide the mixture equally into small balls; dip the balls in the whisked egg white, roll in breadcrumbs and then deep-fry until golden brown in colour. Serve hot.

Serves: 2-4



Maacher Dim Bora

Fish dumplings

Ingredients:

Fish, rohu, deboned, shredded	300 gm / 11 oz
Onions, chopped	2 tbsp / 24 gm
Green chillies, chopped	2 tbsp / 30 gm
Salt to taste	
Red chilli powder	2 tsp / 4 gm
Rice powder	¼ cup / 50 gm
Gram flour (<i>besan</i>)	¾ cup / 75 gm / 2½ oz
Mustard (<i>sarson</i>) oil	½ cup / 100 ml / 3½ fl oz

Serves: 2-4

Method:

1. Mix the fish with the onions, green chillies, salt, and red chilli powder.
2. Add rice powder and gram flour; mix and let it stand for half an hour.
3. Divide the mixture into equal portions and shape each portion into flat round patties.
4. Heat the mustard oil in a flat pan; shallow-fry the patties till golden brown. Remove and drain the excess oil on absorbent kitchen towels. Serve hot.

Macchi Ki Tikki

Fish cutlets

Ingredients:

Fish, rohu, mashed	500 gm / 1.1 lb
Bread slices	2
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Black peppercorns (<i>sabut kali mirch</i>), ground	1 tsp / 6 gm
Onions, large, finely chopped	2
Green chillies, finely chopped	4-5
Dry fenugreek leaves (<i>kasoori methi</i>)	2 tbsp / 6 gm
Egg, beaten	1
Salt to taste	
Breadcrumbs	1 cup / 120 gm / 4 oz
Vegetable oil for frying	

Method:

1. Boil the fish in very little water. Debone the flesh.
2. Soak the bread in water and squeeze dry.
3. Add all the ingredients (except breadcrumbs and oil) to the mashed fish and mix well.
4. Shape into desired size cutlets. Dip the cutlets in egg, then coat well with breadcrumbs and shallow fry. Serve hot.

Serves: 4-6



Mahi Tikka

Roasted fish tikka

Ingredients:

Fish, cut into boneless pieces	1 kg / 2.2 lb
Ghee	½ cup / 100 gm / 3½ oz
Onions, sliced	½ cup / 60 gm / 2 oz
Garlic (<i>lasan</i>), chopped	3 tbsp / 36 gm / 1¼ oz
Salt to taste	
Red chilli powder	2 tbsp
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Butter for basting	

Method:

1. Heat the ghee in a pan; fry the onions till brown. Remove, drain excess ghee and blend the onions to a smooth paste.
2. In the same pan, fry the garlic and keep aside.
3. Allow the ghee to cool. Mix the onion paste, garlic, the remaining ingredients (except butter), and fish pieces with the ghee and keep aside for 2 hours.
4. Skewer the fish pieces and roast in a tandoor / oven / grill for 5-10 minutes. Remove, baste with butter and cook further for 3-5 minutes.
5. Remove from skewers and serve hot.

Serves: 4

Saloni Macchi Tikka

Smoked fish chunks cooked in a spicy marinade

Ingredients:

Fish, cut into boneless pieces	800 gm / 28 oz
For the marinade:	
Salt	1 tbsp
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Fenugreek (<i>methi</i>) powder	½ tsp
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder	1½ tsp / 3 gm
Garam masala	1 tsp / 2 gm
Clove (<i>laung</i>) powder	a pinch
Ginger-garlic (<i>adrak-lasan</i>) paste	5 tsp / 30 gm / 1 oz
Yoghurt (<i>dahi</i>), drained	2 tsp / 10 gm
Vinegar (<i>sirka</i>)	¾ cup / 150 ml / 5 oz
Cream	½ cup / 100 ml / 3½ fl oz
Mustard (<i>sarson</i>) oil	4 tbsp / 60 ml / 2 fl oz
Cloves	16
Charcoal piece, live	1
Vegetable oil for basting	

Method:

1. Wash, clean and dry the fish pieces.
2. **For the marinade**, mix all the ingredients together and rub into the fish pieces and keep aside.
3. Make a well in the centre and put mustard oil and cloves. Place the live charcoal piece in the oil and cover the bowl with a lid. Seal the lid so that the smoke does not escape. Keep aside for 30 minutes.
4. Remove the lid, skewer the fish and roast in a medium hot tandoor for 5-6 minutes. Remove from the tandoor and allow the excess marinade to drip off.
5. Baste with oil and roast again for 2 minutes until done. Remove from skewers and transfer to a serving platter.
6. Serve hot accompanied by a green salad and mint chutney (see p. 428).

Serves: 4



Tandoori Fish

Ingredients:

River or sea fish (with single centre bone)	5 (400 gm / 14 oz each)
Salt to taste	
Malt vinegar (<i>sirka</i>)	3 tbsp / 45 ml / 1½ fl oz
Yoghurt (<i>dahi</i>), drained	1 cup / 200 gm / 7 oz
Black pepper (<i>kali mirch</i>) powder	2 tsp / 4 gm
Fennel (<i>moti saunf</i>)	2 tsp / 4 gm
Garlic (<i>lasan</i>) paste	5 tsp / 30 gm / 1 oz
Ghee	3 tbsp / 45 gm / 1½ oz
Ginger (<i>adrak</i>) paste	5 tsp / 30 gm / 1 oz
Gram flour (<i>besan</i>)	4 tbsp / 40 gm
Lemon (<i>nimbu</i>) juice	5 tsp / 25 ml
Red chilli powder	4 tsp / 8 gm
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Butter for basting	2½ tbsp / 50 gm / 1¾ oz

Method:

1. Marinate the fish in vinegar and salt.
2. In a bowl, mix yoghurt with the remaining ingredients (except butter) and make a fine paste.
3. Marinate the fish in this paste and leave to stand for 2-3 hours.
4. Preheat the oven to 180°C / 350°F.
5. Skewer the fish from mouth to tail, 4 cm apart. Roast in the oven for 12-15 minutes.
6. Baste with butter. Remove and hang the skewers to let excess marinade drip off.
7. Serve hot, garnished with slices of cucumber, tomato and onion rings; accompanied by mint chutney (see p. 428).

Serves: 4-5

Pudina Macchi

Mint fish tikka

Ingredients :

Fish fillets, cleaned, cut into cubes	1 kg / 2.2 lb
Yoghurt (<i>dahi</i>), drained	2 tbsp / 60 gm / 2 oz
Cream	2 tbsp / 40 ml / 1½ fl oz
Garlic (<i>lasan</i>) paste	4 tsp / 24 gm
Carom (<i>ajwain</i>) seeds	2 tsp / 3 gm
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Garam masala	1 tsp / 2 gm
Salt to taste	
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Mint (<i>pudina</i>) chutney (see p. 428)	¾ cup / 150 gm / 5 oz
Gram flour (<i>besan</i>) / Rice flour	4 tsp / 20 gm
Butter / Vegetable oil for basting	

Method :

1. Mix the yoghurt with cream, garlic paste, carom seeds, white pepper, cumin powder, garam masala, salt, lemon juice, mint chutney, and gram / rice flour.
2. Add fish cubes to the marinade, coat evenly and keep aside for 2-3 hours.
3. Skewer fish 2 cm apart and roast in a preheated grill / tandoor / oven (180°C / 350°F) for 8-10 minutes. Baste with butter / oil once, before roasting is complete.
4. Garnish with onion rings and serve hot.

Serves: 4-6



Lasuni Tikka

Garlic-flavoured fish tikka

Ingredients :

Fish fillets, cut into cubes	1 kg / 2.2 lb
Salt to taste	
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Vinegar (<i>sirka</i>)	1 tbsp / 15 ml
Garam masala	1 tbsp
Cumin (<i>jeera</i>) seeds, ground	2 tsp / 4 gm
Carom (<i>ajwain</i>) seeds	1 tsp / 1½ gm
Red chilli powder	1 tsp / 2 gm
Garlic (<i>lasan</i>) paste	2 tsp / 6 gm
Vegetable oil / Butter for basting	

Method :

1. Wash and dry the cubed fish fillets. Sprinkle salt and lemon juice. Keep aside to marinate for half an hour.
2. In a bowl, combine yoghurt with the remaining ingredients (except oil) and whisk well. Pour the mixture over the fish cubes and coat evenly. Leave to marinate for at least one hour.
3. Preheat oven to 180°C / 350°F. Roast, bake or grill till the fillets are golden brown in colour and cooked through, basting just once.
4. Serve hot.

Serves: 4-6

Macchi Kohiwada

Deep-fried, batter-coated fish fillets

Ingredients:

Fish, betki fillets	500 gm / 1.1 lb
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Salt to taste	
White pepper (<i>safed mirch</i>) powder	½ tsp / 1 gm
Ginger-garlic (<i>adrak-lasan</i>) paste	½ cup
Gram flour (<i>besan</i>)	1 cup / 100 gm / 3½ oz
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
<i>Chaat masala</i>	2 tsp / 4 gm
Garam masala	1 tsp / 2 gm
Red chilli paste	2 tbsp / 30 gm / 1 oz
Green chillies, chopped	2 tsp
Ginger, chopped	2 tsp / 12 gm
Onions, chopped	½ cup / 60 gm / 2 oz
Vegetable oil	1¼ cups / 250 ml / 8 fl oz
Water as required	

Method:

1. Cut the fish fillets into fish fingers and marinate with lemon juice, salt, white pepper powder, and ginger-garlic paste. Keep aside for 20 minutes.
2. In a bowl, mix all the other ingredients except the last two. Gradually add water to make a batter of coating consistency.
3. Heat the oil in a wok (*kadhai*); dip the marinated fish fingers in the batter and deep-fry until crisp and golden brown.
4. Remove, drain the excess oil on absorbent kitchen towels and serve hot.

Serves: 4



Fish Savoury

Ingredients:

Fish, cut into boneless cubes	500 gm / 1.1 lb
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz
Green cardamom (<i>choti elaichi</i>)	4
Bay leaf (<i>tej patta</i>)	1
Ginger (<i>adrak</i>) paste	1½ tsp / 9 gm
Garlic (<i>lasan</i>) paste	1½ tsp / 9 gm
Red chilli paste	1 tbsp / 15 gm
Coriander (<i>dhaniya</i>) powder	1 tbsp / 4½ gm
Salt to taste	
Red chilli powder	2 tsp / 4 gm
Poppy seed (<i>khus khus</i>) paste	2 tsp / 10 gm
Cashew nut (<i>kaju</i>) paste	4 tsp / 40 gm / 1¼ oz
Brown onion paste (see p. 10)	4 tsp / 20 gm
Yoghurt (<i>dahi</i>)	1¼ cups / 250 gm / 9 oz
Juice of lemons	2

Method:

1. Heat the oil in a heavy-bottomed pan; sauté green cardamom and bay leaf for a while.
2. Add ginger and garlic pastes and sauté for a minute.
3. Add red chilli paste and coriander powder. Stir-fry for another minute and remove from heat.
4. Add all the other ingredients except lemon juice, together with the fish.
5. Transfer this mixture to an ovenproof dish. Cover and seal the dish with dough.
6. Place the dish in an oven at low temperature and allow to cook for 20 minutes. Remove from the oven and sprinkle lemon juice over the fish.
7. Serve hot, accompanied by steamed rice.

Serves: 4

Batter-Fried Fish

Ingredients:

Fish fillets	8
Salt to taste	
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Gram flour (<i>besan</i>)	5 tbsp / 50 gm / 1¾ oz
Rice flour	5 tsp / 25 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder	1 tsp / 2 gm
Cold water	½ cup / 175 ml / 5½ fl oz
Vegetable oil for deep-frying	
Chaat masala	a pinch

Method:

1. Cut each fillet in half and sprinkle salt, pepper, and lemon juice. Keep aside to marinate for an hour.
2. Combine the gram flour, rice flour, turmeric powder, and red chilli powder in a bowl. Stir in the water to form a smooth batter.
3. Heat the oil in a wok (*kadhai*) till it starts smoking. Dip each piece of fish in the batter and lower into the oil.
4. Fry until crisp and golden brown on both sides. Remove and drain all excess oil.
5. Sprinkle *chaat* masala and serve hot, garnished with lemon wedges.

Serves: 4-6



Fish Fillets in a Spiced Marinade

Ingredients:

Fish (steaks / fillets), with or without bones	1 kg / 2.2 lb
Salt for seasoning	
White vinegar (<i>sirka</i>)	¼ cup / 50 ml / 1¾ fl oz
Carom (<i>ajwain</i>) seeds	2 tsp / 6 gm
Gram flour (<i>besan</i>) / Flour (<i>maida</i>)	120 gm / 4 oz
Red chilli powder	4 tsp / 8 gm
Turmeric (<i>haldi</i>) powder	4 tsp / 8 gm
White pepper (<i>safed mirch</i>) powder	4 tsp / 8 gm
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Lemon (<i>nimbu</i>) juice	4 tbsp / 60 ml / 2 fl oz
Vegetable oil	1 cup / 200 ml / 7 oz
Chaat masala	3 tsp / 6 gm

Serves: 4-5

Method:

1. Clean, wash and dry the fish.
2. Prick each piece of fish with a sharp fork.
3. Marinate the fish with salt and two-thirds of the vinegar and keep aside for 1-2 hours.
4. In a bowl, mix the dry ingredients with the ginger and garlic pastes, lemon juice and remaining vinegar and salt. Whisk to a smooth and creamy batter.
5. Coat each piece of fish evenly with the batter.
6. Arrange the fillets / steaks on a flat tray and keep aside for 1-2 hours at room temperature.
7. Heat the oil in a heavy-bottomed pan. Shallow fry the fish on medium heat till crisp and golden. Remove and drain the excess oil on kitchen towels and sprinkle *chaat* masala.
8. Serve hot, garnished with slices of cucumber, tomato and lemon wedges.

Tandoori Pomfret

Ingredients:

Pomfrets	4 (450 gm / 1 lb each)
Yoghurt (<i>dahi</i>), drained	2 tbsp / 60 gm / 2 oz
Eggs, yolks	2
Cream	3 tbsp / 60 ml / 2 fl oz
Ginger (<i>adrak</i>) paste	1 tbsp / 18 gm
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Carom (<i>ajwain</i>) seeds	2 tsp / 6 gm
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Red chilli powder	2 tsp / 4 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Gram flour (<i>besan</i>)	2 tbsp / 20 gm
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Butter / Vegetable oil for basting	

Method:

1. Clean and wash the fish. Make 2-3 incisions on both sides.
2. Whisk together the yoghurt and egg yolks with the remaining ingredients to make a smooth paste.
3. Coat the fish evenly with the yoghurt paste and leave to marinate for at least 3 hours.
4. Preheat oven to 180°C / 350°F. Skewer the fish from mouth to tail. Roast for 10 minutes. Remove from heat and hang the skewers to drain the excess liquid. Baste with butter and roast again for 3-5 minutes.
5. Serve at once, accompanied by a salad.

Serves: 4



Shredded Stir-Fried Pomfret

Ingredients:

Pomfrets, medium-sized, washed, shredded	2
Vegetable oil for frying	4 tbsp / 60 ml / 2 fl oz
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Onions, medium-sized, finely chopped	2
Green chillies, sliced	4
Coconut (<i>nariyal</i>) fresh, grated	4 cups / 400 gm / 14 oz
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Salt to taste	
Vinegar (<i>sirka</i>)	1 tbsp / 15 ml

Method:

1. Heat the oil in a pan; add ginger and garlic pastes and sauté till brown.
2. Add onions and green chillies. Fry till brown.
3. Add coconut, green coriander, turmeric powder, lemon juice, vinegar, and salt. Cook on low heat for 5 minutes.
4. Add fish and stir gently till the fish is done. Serve hot.

Serves: 4-6

Tandoori Salmon

Ingredients:

Salmon, cut into ½" cubes	1 kg / 2.2 lb
Lemon (<i>nimbu</i>) juice	3 tbsp / 45 ml / 1½ fl oz
Salt to taste	
Black pepper (<i>kali mirch</i>) powder	2 tsp / 4 gm
Yoghurt (<i>dahi</i>), drained	1 cup / 200 gm / 7 oz
Garlic (<i>lasan</i>) paste	4 tsp / 24 gm
Green chillies, deseeded, chopped	5
Dill (<i>sooay</i>), chopped	2 tsp
Olive oil	4 tsp / 60 ml / 2 fl oz

Serves: 4

Method:

1. Marinate the salmon cubes in lemon juice, salt, and black pepper powder. Keep aside for 45 minutes.
2. Whisk yoghurt in a bowl. Add garlic paste, green chillies, dill, olive oil, and salt.
3. Drain salmon cubes from the first marinade and mix into the yoghurt mixture. Keep in a cool place for an hour.
4. Roast in a moderately hot tandoor or preheated oven (180°C / 350°F) for 10 minutes. Baste with olive oil and cook again for 2 minutes.
5. Serve with onion rings.



Spicy Fried Fish

Ingredients:

Fish, cut into 5 cm x 5 cm or 2" - square thin slices	1 kg / 2.2 lb
Salt to taste	
Lemon (<i>nimbu</i>) juice	5 tsp / 25 ml
Carom (<i>ajwain</i>) seeds	2 tsp / 6 gm
White pepper (<i>safed mirch</i>) powder	4 tsp / 8 gm
Red chilli powder	4 tsp / 8 gm
Turmeric (<i>haldi</i>) powder	4 tsp / 8 gm
Gram flour (<i>besan</i>)	120 gm / 4 oz
Garlic-ginger (<i>lasan-adrak</i>) paste	120 gm / 4 oz
White vinegar (<i>sirka</i>)	¼ cup / 50 ml / 1¾ fl oz
Vegetable oil	2½ cups / 500 ml / 16 fl oz
Chaat masala	3 tsp / 6 gm

Method:

1. Prick the fish with a sharp fork.
2. Rub salt and lemon juice over the fish pieces and keep aside for 1-2 hours.
3. Mix all the other ingredients in a bowl except the *chaat* masala and oil.
4. Dip the fish pieces in the batter and let them stand for another half an hour.
5. Heat the oil in a wok (*kadhai*); deep-fry the fish pieces on medium heat.
6. Sprinkle the fish with *chaat* masala and serve, accompanied by sliced cucumbers, tomatoes and lemon wedges.

Serves: 4-5

Haakh Gadh

Fish cooked with distinct Kashmiri spinach

Ingredients:

Fish, firm, white river fish, cut into cubes	500 gm / 1.1 lb
Kashmiri spinach (<i>haakh</i>), washed well	500 gm / 1.1 lb
Water	12 cups / 3 lt / 96 fl oz
Garlic (<i>lasan</i>), ground	1 tbsp / 18 gm
Turmeric (<i>haldi</i>) powder	2 tbsp / 4 gm
Green cardamom (<i>choti elaichi</i>)	5
Kashmiri red chilli powder, dissolved in 1 cup water	2 tsp / 4 gm
Salt to taste	
Ghee	1 cup / 200 gm / 7 oz
Onions, sliced	½ cup / 120 gm / 4 oz
Kashmiri red chilli powder	1 tsp / 2 gm
Ver paste (see p. 11)	1 tsp / 5 gm
Black cumin (<i>shahi jeera</i>) seeds	½ tsp / 1 gm

Method:

1. Fry the fish in oil until reddish brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Keep aside.
2. Bring the water to the boil in a deep pan with garlic, turmeric powder, green cardamom, red chilli water and salt. Now add the Kashmiri spinach and bring the mixture to the boil again. Reduce heat, and cook until the leaves are tender and very little water remains.
3. In another pan, heat the ghee and fry the onions. Mix in the red chillies, ver paste and the fried fish. Add the Kashmiri spinach mixture. Sprinkle black cumin seeds and mix well.

Serves: 2-4



Amritsari Macchi

Crispy fried fish flavoured with coriander

Ingredients:

Fish, fillets	1 kg / 2.2 lb
For the batter:	
Vegetable oil	1 tbsp / 15 ml
Gram flour (<i>besan</i>)	1½ cups / 150 gm / 5 oz
Egg, lightly beaten	1
Garlic-ginger (<i>lasan-adrak</i>), crushed	½ tsp / 3 gm
Red chilli powder	½ tsp / 1 gm
Carom (<i>ajwain</i>) seeds	1 tsp / 3 gm
Salt	1 tsp / 4 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Green chillies, deseeded, chopped	1-2
Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml

Vegetable oil for deep-frying

Garam masala a pinch

Method:

1. Heat the oil in a wok (*kadhai*); add gram flour. Stir continuously for 1 minute. Remove from heat and keep aside to cool.
2. When cool, add the remaining ingredients for the batter.
3. Coat the fish fillets with this mixture and keep aside for 20 minutes.
4. Heat the oil and fry the fish until the batter is crisp and the fish is done. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
5. Serve hot, sprinkled with garam masala.

Serves: 4-6

Fofos de Peixe

Fish cakes

Ingredients:

Fish, (pomfret / seer / salmon), boneless, washed	500 gm / 1.1 lb
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Potatoes, medium-sized, boiled, mashed	2 / 200 gm / 7 oz
Onions, medium-sized, minced	2
Ginger (<i>adrak</i>), minced	1 tsp / 1" piece
Garlic (<i>lasan</i>), minced	1 tsp / 6 cloves
Green chillies, minced	2-3
Green coriander (<i>hara dhaniya</i>), finely chopped	2 tbsp / 8 gm
Lemon (<i>nimbu</i>) juice	1½ -2 tbsp / 20-30 ml
Salt to taste	
Black pepper (<i>kali mirch</i>) powder	¼ tsp
Eggs, beaten	2
Breadcrumbs / Semolina (<i>suji</i>)	1 cup approx.
Vegetable oil for shallow frying	

Method:

1. Steam the fish with ½ tsp salt, turmeric powder, and ½ cup water for 5-7 minutes. Drain and mash well, removing skin and bones if any.
2. Add the remaining ingredients, except breadcrumbs / semolina and oil. Mix well. Adjust seasoning.
3. On a flat surface, shape small quantities of the mixture into flat round / oval cakes or oblong croquettes. Roll in breadcrumbs / semolina and shallow fry the cakes / croquettes till golden. Serve hot with a spicy tomato sauce.

Makes: 30 pieces



Peixe Recheado

Fish stuffed with a red spice paste

Ingredients:

Fish (pomfret / mackerels)	500 gm / 1.1 lb
/ 1 medium pomfret / 3-4 mackerels	
Salt	¾ tsp / 3 gm
Vinegar (<i>sirka</i>) / Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml
Recheio spice paste (see p. 11)	2-3 tbsp / 30-45 gm / 1-1½ oz
Vegetable oil for shallow frying	

Method:

1. Clean the fish. Remove the internal organs and wash well. Slit the fish on either side of the bone to make 2 deep pockets. Apply salt and vinegar / lemon juice and keep aside for 10 minutes.
2. Stuff the fish with the *recheio* spice paste.
3. Heat the oil in a frying pan; gently lower the fish into the pan, and fry, uncovered, on moderate heat for 5-7 minutes on each side till golden brown. Turn the fish only once.
4. Remove from the pan and drain the excess oil on paper towels.
5. Serve hot.

Variation: You can also stuff the fish with chetnim de cilantro (see p. 432)

Stuffed Squid: stuff cleaned squid with the *recheio* spice paste, coat with eggs and breadcrumbs and shallow fry.

Serves: 4

Bombil Frito

Fried fresh Bombay duck

Ingredients:

Bombay ducks (<i>bombil</i>)	
(see p. 9)	10-12 (1 kg / 2.2 lb)
Red chilli powder	2 tsp / 4 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt	1 tsp / 4 gm
Vinegar (<i>sirka</i>)	1½ tbsp / 22 ml
Eggs, beaten	2
Refined flour (<i>maida</i>)	½ cup / 50 gm / 1¾ oz
Breadcrumbs /	
Semolina (<i>suji</i>)	1 cup / 120 gm / 4 oz
Vegetable oil for shallow frying	

Serves: 6

Method:

1. Remove the head, stomach, and intestines of the Bombay duck. Wash well. Remove the bone, by slitting the fish along its length, and carefully cutting around the bone with a sharp knife. Spread the fish open into a flat fillet.
2. Mix together the spices, salt, and vinegar into a paste. Apply the paste to the fish fillets and keep aside to marinate for 15 minutes.
3. Spread the flour on one plate and the breadcrumbs or semolina on another. Roll each fillet in the flour, dip in eggs, and then coat with breadcrumbs or semolina.
4. Heat the oil in a frying pan; gently lower each fillet and fry on each side till golden. Remove and serve with lemon wedges and potato chips.



Tandoori Fish Gulnar

Ingredients:

Fish (pomfret/sole/betki)	4 (450 gm / 1 lb each)
Malt vinegar (<i>sirka</i>)	120 ml / 4 fl oz
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Garlic (<i>lasan</i>) paste	4 tsp / 24 gm
Red chilli powder	2 tsp / 4 gm
Salt to taste	
Yoghurt (<i>dahi</i>), hung	4 tsp / 20 gm
Egg, beaten	1
Cream	2 tbsp / 40 ml / 1½ fl oz
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Gram flour (<i>besan</i>)	2½ tbsp / 25 gm
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Butter for basting	¼ cup / 50 gm / 1¾ oz
Carom (<i>ajwain</i>) seeds	2 tsp / 6 gm

Method:

1. Wash and clean the fish. Make 3 incisions on each.
2. Marinate fish in vinegar, lemon juice, half the garlic paste, half the red chilli powder, and salt for half an hour.
3. Whisk the yoghurt and add the remaining ingredients.
4. Remove the fish from the first marinade and marinate in the second mixture for at least 1 hour.
5. Skewer the fish from mouth to tail 2 cm apart and bake / grill for about 8 minutes.
6. Remove and hang the skewer to allow the excess moisture to drip off. Baste with butter and roast or grill for a further 3 minutes. Serve hot.

Serves: 4-5

Jhinga Mehrunisa

Tandoori prawns in a rich and creamy marinade

Ingredients:

Prawns, shelled, deveined	1 kg / 2.2 lb
Vinegar (<i>sirka</i>)	3 tbsp / 45 ml / 1½ fl oz
Salt to taste	
For the marinade:	
Lemon (<i>nimbu</i>) juice	4 tsp / 20 ml
Yoghurt (<i>dahi</i>)	1¼ cups / 250 gm / 9 oz
Cream	1 cup / 200 ml / 7 fl oz
White pepper (<i>safed mirch</i>) powder	1½ tsp / 3 gm
Cheese, grated	¾ cup / 90 gm / 3 oz
Dry fenugreek (<i>kasoori methi</i>) powder	2 tsp / 1 gm
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Garam masala	1½ tsp / 3 gm
Saffron (<i>kesar</i>)	a few strands
Butter for basting	

Method:

1. Wash the prawns with vinegar and salt water. Drain and pat dry.
2. **For the marinade**, mix all the ingredients together (except butter). Rub into the prawns and marinate for 30 minutes.
3. Skewer the prawns and roast in a moderately hot tandoor for 6-8 minutes. Remove from tandoor and allow the excess marinade to drip off.
4. Baste lightly with butter and roast again for 2-3 minutes. Remove from skewers and serve with mint chutney (see p. 428).

Serves: 4



Jhinga Dum Saunfiya

Fennel-flavoured prawns

Ingredients:

Prawns, deveined, shelled	12
Butter	1 tbsp / 20 gm
Fennel (<i>moti saunf</i>)	25 gm
Garlic (<i>lasan</i>), chopped	2 tsp / 12 gm
Ginger (<i>adrak</i>) chopped	1 tsp / 6 gm
Green chillies, deseeded, chopped	5
Brown onion paste (see p. 10)	5 tsp / 30 gm / 1 oz
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Salt to taste	
Aniseed (<i>saunf</i>), broiled, pounded	5 tsp / 10 gm
Cream	½ cup / 100 ml / 3½ fl oz
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz

Method:

1. Heat the butter in a pan; sauté the fennel for a few seconds. Add garlic, ginger, green chillies, and onion paste. Stir-fry for a few minutes. Add the remaining ingredients and cook for 5-7 minutes. Remove from heat.
2. Place the prawns in an ovenproof dish. Spread the prepared mixture on top. Cover the dish tightly and cook in a preheated oven (180°C / 350°F) for 15 minutes.
3. Remove from oven. Transfer onto a serving platter and serve immediately accompanied by steamed rice.

Serves: 4

Chingri Maacher Cutlet

Prawn cutlets

Ingredients :

Prawns, cleaned, deveined, finely chopped	400 gm / 14 oz
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Dry red chillies (<i>sookhi lal mirch</i>)	1 tsp
Green cardamom (<i>choti elaichi</i>), powdered	½ tsp / 1 gm
Ginger (<i>adrak</i>), chopped	4 tsp / 24 gm
Green chillies, chopped	1 tbsp / 15 gm
Salt to taste	
Eggs, whisked	2
Breadcrumbs	½ cup / 60 gm / 2 oz
Vegetable oil for deep-frying	

Method :

1. Broil the cumin seeds, dry red chillies, and green cardamom. Grind to a powder and keep aside.
2. To the prawns, add ginger, green chillies, and salt. Add the powdered mixture and mix well.
3. Shape the mixture into small even rounds; flatten and keep aside.
4. Heat the oil in a pan; dip each round in the egg, coat with breadcrumbs and deep-fry until golden brown in colour. Remove and drain the excess oil on absorbent kitchen towels.
5. Serve hot.

Serves: 4



Jalpari Kebab

Saffron-flavoured fish rolls stuffed with prawns

Ingredients :

Fish fillets, thin	12
Prawns, shelled, deveined	220 gm / 8 oz
Ginger-garlic (<i>adrak-lasan</i>) paste	5 tsp / 30 gm / 1 oz
Mango pickle masala	5 tsp / 25 gm
Carom (<i>ajwain</i>) seeds	1 tsp / 2 gm
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Garam masala	2 tsp / 4 gm
Salt to taste	
Red chilli powder	1 tsp / 2 gm
Lemon (<i>nimbu</i>) juice	1 tsp / 5 ml
Vegetable oil	4 tsp / 20 ml
Yoghurt (<i>dahi</i>), drained	¾ cup / 150 gm / 5 oz
Cream	2 tbsp / 40 ml
Saffron (<i>kesar</i>)	a few strands
Green cardamom (<i>choti elaichi</i>) powder	a pinch
Water	4 cups / 1 lt / 32 fl oz

Method :

1. Extract juice from ginger-garlic paste and keep aside.
2. Clean the fish fillets and prawns. Pat dry with a cloth.
3. Make a marinade with ginger-garlic paste, mango pickle masala, half of carom seeds, white pepper powder, garam masala, salt, red chilli powder, lemon juice, and oil.
4. Marinate the fish fillets in the prepared marinade and keep aside for 5 minutes.
5. Prepare second marinade of yoghurt, cream, saffron, green cardamom powder, and remaining half of other ingredients. Keep aside.
6. Put one fish fillet flat on a tabletop. Place a prawn at one end of the fillet and roll the fillet. Wrap it tightly with cling wrap or aluminium foil.
7. Boil water in a pot and cook the rolls for 10 minutes keeping the pot covered.
8. Drain the water and place the rolls under running water for 1 minute. Remove the foil.
9. Marinate the rolls in the second marinade for 5 minutes.
10. Skewer the rolls and roast in hot tandoor or in an oven (150-180°C / 300-350°F) for 10 minutes.
11. Remove from skewers, transfer to a serving platter and serve hot with mint chutney (see p. 428).

Serves: 4

Tandoori Prawn

Ingredients:

Prawns, king-size, cleaned	12
Ginger (<i>adrak</i>) paste	1½ tsp / 9 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Gram flour (<i>besan</i>)	2 tbsp / 20 gm
Salt to taste	
Carom (<i>ajwain</i>) seeds	1 tsp / 3 gm
Red chilli powder	1 tsp / 2 gm
Garam masala	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Vegetable oil for basting	
<i>Chaat</i> masala to taste	

Serves: 4

Method:

1. Mix ginger-garlic pastes and 1 tbsp lemon juice together; rub into the prawns and keep aside.
2. Whisk together yoghurt, gram flour, salt, carom seeds, red chilli powder, garam masala, and turmeric powder into a smooth paste. Marinate the prawns in the paste for at least 2 hours.
3. Skewer the prawns gently and cook in a preheated (150°C / 300°F) oven / tandoor / grill / for about 12-15 minutes or till almost done.
4. Hang the skewers for 3-5 minutes to allow the excess marinade to drip off. Baste with oil and roast again for 3-5 minutes or till golden brown. Remove.
5. Sprinkle *chaat* masala and remaining lemon juice. Serve hot with a salad of your choice.



Jhinga Nisha

Prawns flavoured with sesame seeds and fenugreek

Ingredients:

Prawns, cleaned	8
Lemon (<i>nimbu</i>) juice	1 tsp / 5 ml
Ginger-garlic (<i>adrak-lasan</i>) paste	4 tsp / 24 gm
Salt to taste	
Sesame (<i>til</i>) seeds	3 tsp / 9 gm
Yoghurt (<i>dahi</i>)	4 tsp / 20 gm
Cheddar cheese	3 tsp / 15 gm
Cinnamon (<i>dalchini</i>) powder	1 tsp / 2 gm
Dry fenugreek leaves (<i>kasoori methi</i>)	1 tsp / ½ gm
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Green chillies	6
Clove (<i>laung</i>) powder	1 tsp / 2 gm
<i>Chaat</i> masala	1 tsp / 2 gm

Method:

1. Rub lemon juice, ginger-garlic paste, and salt on the prawns and keep aside for half an hour.
2. Roast the sesame seeds and crush to a powder.
3. Beat the yoghurt in a bowl and add the remaining ingredients (except *chaat* masala).
4. Rub this mixture on the prawns and keep in a cool place for 1 hour. Preheat the oven to 150°C / 300°F.
5. Skewer the prawns and roast till light golden in colour. Apply the sesame seed powder over the prawns and roast again for 2 minutes. Sprinkle with *chaat* masala and lemon juice.

Serves: 4

Tandoori Lobster

Ingredients:

Lobsters, medium-sized, halved	4
Ginger (<i>adrak</i>) paste	4 tsp / 24 gm
Garlic (<i>lasan</i>) paste	4 tsp / 24 gm
Carom (<i>ajwain</i>) seeds	½ tsp
Malt vinegar (<i>sirka</i>)	½ cup / 100 ml / 3½ fl oz
Salt to taste	
Yoghurt (<i>dahi</i>), drained	1 cup / 200 gm / 7 oz
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Garam masala	2 tsp / 4 gm
Egg	1
Cottage cheese (<i>paneer</i>)	60 gm / 2 oz
Gram flour (<i>besan</i>)	3 tbsp / 30 gm / 1 oz
Mustard (<i>sarson</i>) oil	4 tbsp / 60 ml / 2 fl oz
Red chilli paste	1 tsp / 5 gm

Method:

1. Shell and devein the lobsters. Wash and dry the shells and dip them in hot oil. Drain. Keep aside.
2. Marinate the lobsters in ginger and garlic pastes, carom seeds, vinegar, and salt for 1 hour.
3. Whisk the yoghurt in a large bowl. Add the remaining ingredients; coat the lobsters with this mixture; keep aside for 3 hours.
4. Skewer the lobsters 2 cm apart. Keep a tray underneath to collect the excess drippings. Roast in a medium-hot tandoor / oven for 5 minutes.
5. Baste with butter and roast again for 2 minutes.
6. Place the lobster in the shell; garnish with lettuce, tomato slices, and onion rings. Serve hot.

Serves: 5



Til Ke Jhinge

Sesame prawn tikka

Ingredients:

Prawns, king-sized	12
Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml
Sesame (<i>til</i>) seeds	2 tbsp / 10 gm
Vegetable oil	1 cup / 200 ml / 7 fl oz
Dry red chillies (<i>sookhi lal mirch</i>)	1 tsp
Garlic (<i>lasan</i>), crushed	1 tsp / 6 gm
Red chilli powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Green coriander (<i>hara dhaniya</i>), chopped (optional)	1 tbsp / 4 gm

Serves: 4-6

Method:

1. Wash, clean and devein the prawns. Pat them dry. Rub lemon juice onto the prawns and keep aside.
2. Coarsely grind 1 tsp sesame seeds. Put the rest aside to be used later for frying.
3. Mix the coarsely ground sesame seeds with 1 tsp oil and the rest of the ingredients to form a marinade. Coat the prawns with this marinade, cover the dish and put aside for 30 minutes.
4. Heat the oil in a frying pan till it starts smoking. Reduce heat to medium. Coat the prawns evenly with the remaining sesame seeds and deep-fry till they are crisp and golden brown.
5. Garnish with green coriander and serve hot accompanied by chilli sauce.

Prawn / Shrimp Cutlets

Ingredients :

Prawns / Shrimps, shelled, chopped	400 gm / 14 oz
Onions, medium-sized, finely chopped	2
Ginger (<i>adrak</i>), chopped	1 tbsp / 24 gm
Green chillies, chopped	2
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Salt to taste	
Lemon (<i>nimbu</i>) juice	1 tsp / 5 ml
Breadcrumbs	1 cup / 120 gm / 4 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Egg	1
Dried breadcrumbs	1 cup / 120 gm / 4 oz
Vegetable oil for frying	

Method :

1. Mix together the prawns / shrimps, onions, ginger, green chillies, green coriander, salt, lemon juice, breadcrumbs, turmeric powder, black pepper, and egg. Knead well.
2. Divide the mixture into 8 portions and shape them into flat round cutlets.
3. Coat the cutlets in dried breadcrumbs and brush off the excess.
4. Heat the oil in a wok (*kadhai*) till it starts smoking. Lower the cutlets gently into the oil and fry until golden brown, crisp and cooked through on each side.
5. Serve at once.

Serves: 4



Kesari Jhinga

Saffron-flavoured prawns

Ingredients :

Prawns	1 kg / 2.2 lb
Ginger-garlic (<i>adrak-lasan</i>) paste	5 tsp / 30 gm / 1 oz
Lemon (<i>nimbu</i>) juice	4 tsp / 20 ml
Salt to taste	
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz
Cream, fresh	1 cup / 200 ml / 7 fl oz
Saffron (<i>kesar</i>)	a few strands
White pepper (<i>safed mirch</i>) powder	2 tbsp
Butter	½ cup / 100 gm / 3½ oz

Serves: 4

Method :

1. Peel and devein the prawns. Prepare a marinade by mixing the ginger-garlic paste, lemon juice, salt, and oil together. Marinate the prawns in this and keep aside.
2. Mix cream with saffron and white pepper powder and add to the marinated prawns. Mix well and keep aside for 4 hours.
3. Skewer the prawns 1" apart and cook in a moderately hot oven for about 5-10 minutes.
4. Remove from the oven, baste with butter and roast again for 5-7 minutes.
5. Remove the prawns from the skewers and serve hot.

Jhinge Ke Seekh

Prawn seekh kebabs

Ingredients:

Prawns, cleaned, deveined	1 kg / 2.2 lb
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Ginger-garlic (<i>adrak-lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Salt	2 tsp / 8 gm
Green coriander (<i>hara dhaniya</i>), minced	2 cups / 50 gm / 1¾ oz
Green chillies, minced	6
Bengal gram (<i>chana dal</i>), whole, roasted	1 cup / 160 gm / 5 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Black pepper (<i>kali mirch</i>) powder	2 tsp / 4 gm
Vegetable oil	4 tbsp / 60 ml / 3 fl oz

Method:

1. Rub lemon juice, ginger-garlic paste, and salt on the prawns. Keep aside for 30 minutes.
2. Squeeze the prawns to remove excess water. Mix all the other ingredients with the prawns and mince the mixture.
3. Press the mixture along the length of the skewers to shape into kebabs.
4. Roast in a tandoor / oven / grill for 5-7 minutes. Remove, baste with oil and roast again for 5 minutes.
5. Remove from skewers and serve hot.

Serves: 4



Crispy Sesame Prawns

Ingredients:

King prawns, shelled, deveined	1 kg / 2.2 lb
Vegetable oil for frying	
For the first marinade:	
Ginger (<i>adrak</i>) paste	4 tsp / 24 gm
Garlic (<i>lasan</i>) paste	5 tsp / 30 gm / 1 oz
Red chilli powder	1 tsp / 2 gm
Lemon (<i>nimbu</i>) juice	1 tsp / 5 ml
For the second marinade:	
Cheddar cheese, grated	4 tbsp / 60 gm / 2 fl oz
Carom (<i>ajwain</i>) seeds	1 tbsp
Cream	4 tbsp / 60 ml / 2 fl oz
Green cardamom (<i>choti elaichi</i>) powder	½ tsp / 1 gm
Mace (<i>javitri</i>) powder	½ tsp / 1 gm
Gram flour (<i>besan</i>), roasted	3 tbsp / 30 gm / 1 oz
Yoghurt (<i>dahi</i>), drained	½ cup / 100 gm / 3½ oz
Sesame (<i>til</i>) seeds	¼ cup
Breadcrumbs, dried, powdered	½ cup / 60 gm / 2 oz

Method:

1. Mix all the ingredients of the first marinade and rub into the prawns. Keep aside for half an hour. Squeeze the prawns gently to remove the excess moisture.
2. Whisk together the ingredients for the second marinade (except sesame seeds and breadcrumbs) and marinate the prawns in this mixture for another 30 minutes.
3. Make a mixture of breadcrumbs and sesame seeds. Coat the prawns with the mixture and refrigerate for 15-20 minutes.
4. Heat the oil in a wok (*kadhai*) till it starts smoking. Lower heat and fry the prawns for 1-2 minutes. Remove, drain and keep aside for 4-5 minutes. Deep-fry again till they are crisp and golden in colour. Remove and drain the excess oil and serve hot, garnished with lemon wedges.

Serves: 4

Jhinga Khus Khus

Prawn kebab coated with poppy seeds

Ingredients:

Prawns (jumbo), shelled, deveined	1 kg / 2.2 lb
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Green chilli paste	2 tsp / 10 gm
Vinegar (<i>sirka</i>)	2 tbsp / 30 ml / 1 fl oz
Salt to taste	
Cornflour	1 tbsp / 10 gm
Butter for basting	
Poppy seeds (<i>khus khus</i>)	1 tbsp

Method:

1. Marinate the prawns in garlic paste, green chilli paste, vinegar, and salt for 2 hours.
2. Mix in cornflour. Skewer the prawns 5 cm apart and roast on low heat, basting with butter, till crisp and golden on all sides. Coat with poppy seeds and serve hot.

Serves: 4



Achaari Jhinga

Pickled prawn

Ingredients:

Prawns, medium-sized, peeled	600 gm / 22 oz
Ginger-garlic (<i>adrak-lasan</i>) paste	100 gm / 3½ oz
Salt to taste	
Lemon (<i>nimbu</i>) juice	3 tbsp / 45 ml / 1½ oz
Mustard oil for frying	
Onion seeds (<i>kalonji</i>)	1 tsp / 1½ gm
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Fenugreek (<i>methi</i>) seeds	1 tsp / 3 gm
Dry red chillies (<i>sookhi lal mirch</i>)	4
Coriander (<i>dhaniya</i>) seeds	a pinch
Onions, sliced	150 gm / 5 oz
Tomatoes, chopped	100 gm / 3½ oz
Green chillies, chopped	1 tsp
Coriander powder	a pinch
Salt to taste	
Red chilli powder to taste	
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Garam masala	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Ginger (<i>adrak</i>), julienned	2 tsp / 12 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Mix half the ginger-garlic paste, salt, and lemon juice together. Marinate the prawns in this mixture for half an hour.
2. Heat the mustard oil in a wok (*kadhai*); add the whole spices and sauté. Add onions and sauté till transparent. Add tomatoes, green chillies, and half the coriander powder. Stir-fry for 5-10 minutes.
3. Stir in salt to taste, red chilli powder, the remaining coriander powder, cumin powder, garam masala, and turmeric powder. Stir-fry for another 5-10 minutes. Add prawns and stir-fry till cooked. Serve, garnished with ginger and green coriander.

Serves: 4

Saunfiya Jhinga

Fennel-flavoured prawns

Ingredients:

Prawns, deveined, shelled	12
Butter	1 tbsp / 20 gm
Fennel (<i>moti saunf</i>), broiled, pounded	2 tsp / 4 gm
Garlic (<i>lasan</i>), chopped	2 tsp / 6 gm
Green chillies, deseeded, chopped	5
Onion paste	2 tbsp / 50 gm / 1¾ oz
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Salt to taste	
Cream	½ cup / 100 ml / 3½ fl oz
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Ginger (<i>adrak</i>), chopped	1 tsp / 6 gm

Method:

1. Heat the butter in a pan and sauté the fennel seeds for a few seconds.
2. Add garlic, green chillies, and onion paste. Stir-fry for a few minutes.
3. Mix in all the other ingredients and cook for 5-10 minutes. Remove from heat.
4. Place the prawns in an ovenproof dish; pour the prepared mixture on top. Cover the dish tightly and cook in a preheated (180°C / 350°F) oven for 15-20 minutes.
5. Remove from the oven. Transfer into a serving platter and serve immediately accompanied by steamed rice.

Serves: 4



Jhinga Methi

Fenugreek-flavoured prawns

Ingredients:

Prawns, shelled, deveined	1½ kg / 3.3 lb
Vinegar (<i>sirka</i>)	3 tbsp / 45 ml / 1½ fl oz
Salt to taste	
Lemon (<i>nimbu</i>) juice	4 tsp / 20 ml
Yoghurt (<i>dahi</i>)	1¼ cups / 250 gm / 9 oz
Cream	1 cup / 200 ml / 7 fl oz
White pepper (<i>safed mirch</i>) powder	1½ tsp / 3 gm
Cheese, grated	5 tbsp / 75 gm / 2½ oz
Dry fenugreek (<i>kasoori methi</i>) powder	1 tsp
Ginger-garlic (<i>adrak-lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Garam masala	1 tsp / 2 gm
Saffron (<i>kesar</i>)	a few strands
Butter for basting	

Method:

1. Wash the prawns with vinegar and salt water. Drain and pat dry.
2. Prepare a marinade by mixing together all the ingredients except butter.
3. Marinate the prawns in this mixture and keep aside for 30 minutes.
4. Skewer the prawns and roast in a moderately hot tandoor / oven / grill for 6-8 minutes. Remove and allow the excess liquid to drip.
5. Baste lightly with butter and roast again for 2-3 minutes.
6. Remove from skewers and serve hot.

Serves: 4

Sharabi Jhinga

Tandoori prawns marinated in whisky

Ingredients:

Prawns, king-sized	12
Whisky	3 tbsp / 45 ml / 1½ fl oz
For the marinade:	
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Lemon (<i>nimbu</i>) juice	6 tbsp / 90 ml / 3 fl oz
Salt to taste	
Chickpea (<i>kabuli chana</i>)	
flour	3 tbsp / 30 gm / 1 oz
Carom (<i>ajwain</i>) seeds	1 tsp / 1½ gm
Yoghurt (<i>dahi</i>)	2½ cups / 500 gm / 1.1 lb
Red chilli powder	2 tsp / 4 gm
Garam masala	2 tsp / 4 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Butter for basting	
<i>Chaat</i> masala	2 tsp / 4 gm
Lemon juice	2 tbsp / 30 ml / 1 fl oz

Method:

1. Marinate the prawns first in whisky for 1 hour.
2. **For the marinade**, mix all the ingredients together (except the last 3) and rub into the prawns. Marinate for another 2 hours.
3. Skewer the prawns and cook in a tandoor for about 10 minutes or till half done.
4. Remove and hang the skewer for 10 minutes, then return to the tandoor again and cook for 5 minutes more.
5. Baste with butter and then return to the tandoor for 3 more minutes.
6. Remove and arrange them on a serving dish and sprinkle with *chaat* masala and lemon juice.

Serves: 4



Caranguejos Recheados

Stuffed crabs

Ingredients:

Crabs, medium-sized, washed	6
Butter	3 tbsp / 60 gm / 2 oz
Onion, large, minced	1
Green chillies, minced	2
Garlic (<i>lasan</i>), minced	1 tsp / 6 cloves
Ginger (<i>adrak</i>), minced	1 tsp / 1" piece
Turmeric (<i>haldi</i>) powder (optional)	¼ tsp
Black pepper (<i>kali mirch</i>) powder	a pinch
Salt to taste	
Green coriander (<i>hara dhaniya</i>),	
finely chopped	2 tsp
Lemon (<i>nimbu</i>) juice	1-2 tsp / 5-10 ml
Egg, large, beaten	1
Breadcrumbs	¼ cup / 30 gm / 1 oz
Butter	1 tbsp / 20 gm

Method:

1. Plunge the crabs into a pan of boiling water. Boil for a few minutes till they turn red. Drain and cool.
2. Remove the hard shells, wash and keep aside. Carefully remove and discard the stomach pouch and the gills.
3. Lift out as much meat as possible from the body. Crack the claws and remove the meat from within.
4. Heat the butter in a pan; sauté the onion till soft. Add the next 6 ingredients; sauté for 1 minute.
5. Add the crab; cook for 2 minutes. Mix in green coriander and lemon juice. Remove from heat.
6. Mix in the egg and fill into the crab shells. Sprinkle with breadcrumbs, dot with butter and grill or bake till golden brown on top. Serve hot.

Serves: 6

Paparis Recheados

Stuffed poppadums

Ingredients:

Poppadums (<i>pappad</i>), garlic flavoured, 5" diameter	10
For the filling:	
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onion, medium-sized, chopped	1
Garlic (<i>lasan</i>), minced	½ tsp / 3 cloves
Ginger (<i>adrak</i>), minced	¼ tsp / ¼" piece
<i>Recheio</i> spice paste (see p. 11)	2 tsp / 10 gm
Prawns, shelled, deveined	1 cup / 200 gm / 7 oz
Vinegar (<i>sirka</i>)	1½ tsp / 7 ml
Salt to taste	
Vegetable oil for deep-frying	

Method:

1. **For the filling**, heat the oil in a pan; add onion and sauté for 2 minutes until soft. Add garlic and ginger and sauté for 30 seconds.
2. Add *recheio* spice paste and sauté for a few seconds. Add prawns and stir-fry till they change colour.
3. Add vinegar and salt; cook, stirring from time to time, till the prawns are tender and the mixture is almost dry. Keep aside to cool.
4. Dip each poppadum in water and wipe with a clean cloth to make it pliable.
5. Spread a little filling on each poppadum. Roll up firmly. Moisten the edges and pinch to seal.
6. Pour oil in a frying pan to a depth of 1"; fry each stuffed poppadum for a few seconds till crisp. Remove with a slotted spoon and drain the excess oil on paper towels.
7. Cut each poppadum roll into 4 pieces. Pierce each piece with a toothpick. Serve at once.

Variation: You can also use *balchão de camarão* (see p. 447) as a filling.

Serves: 4-6



Ameijoas (Tisrio) com Coco

Clams with coconut

Ingredients:

Clams, medium-sized, washed	4½ cups / 50
Grind to a fine paste with a little water:	
Kashmiri chillies (<i>sookhi lal mirch</i>)	5
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) seeds	¾ tsp
Black peppercorns (<i>sabut kali mirch</i>)	6
Garam masala	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Garlic (<i>lasan</i>), minced	1 tsp / 6 cloves
Coconut (<i>nariyal</i>), grated	1 cup / 100 gm / 3½ oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Onions, medium-sized, finely sliced	3
Salt to taste	
Tamarind (<i>imli</i>), soaked in 4 tbsp water	15 gm

Method:

1. Boil the clams in a pan with 1 cup water for 5 minutes till the clams open. Drain. Or prise open with a sharp knife, and discard the empty half.
2. Add coconut to the ground paste and grind coarsely.
3. Heat the oil in a pan; add onions and sauté till soft. Add the spice-coconut paste; sauté for 2 minutes. Add the clams, mix well. Add 1 cup water and salt; cook for 10 minutes till done.
4. Mix in the tamarind pulp; cook for 5 minutes more. Adjust seasoning. Cook till the mixture is almost dry.
5. Serve hot with rice and curry.

Serves: 4

Pastéis de Camarão

Prawn puffs

Ingredients:

For the pastry:

Refined flour (<i>maida</i>)	1 cup / 100 gm / 3½ oz
Cornflour	½ cup / 50 gm / 1¾ oz
Salt	1 tsp / 4 gm
Ghee	3 tbsp / 45 gm / 1½ oz
Water to bind	

For the filling:

Prawns, shelled, deveined	1 cup / 200 gm / 7 oz
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Onions, medium-sized, chopped	2
Ginger (<i>adrak</i>), minced	1 tsp / 1" piece
Garlic (<i>lasan</i>), minced	1 tsp / 6 cloves
Green chillies, chopped	3
Curry leaves (<i>kadhi patta</i>)	4-6
Turmeric (<i>haldi</i>) powder	¼ tsp
Black pepper (<i>kali mirch</i>) powder	¼ tsp
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm
Vinegar (<i>sirka</i>)	2 tsp / 10 ml
Salt to taste	

Vegetable oil for deep-frying

Method:

1. In a bowl, sift together flour, ¼ cup cornflour, and salt to mix well.
2. Rub in 2 tbsp ghee with your fingertips. Add enough water to make a firm dough.
3. Mix the remaining cornflour and ghee into a paste.
4. Roll out the dough into a thin round. Spread the cornflour paste over it, sprinkle a little flour and roll up into a long, thin, tight roll.
5. Cut the roll into 1" pieces. Flatten each piece with your fingers and roll into small discs.
6. **For the filling**, heat the oil in a pan; add onions and sauté till soft and golden.
7. Add ginger, garlic, green chillies, and curry leaves; sauté for 1 minute. Add turmeric powder and black pepper powder; sauté for a few seconds.
8. Add prawns and stir-fry on high heat for 2-3 minutes. Add green coriander and salt; continue to stir-fry till the mixture is dry.
9. Add vinegar, adjust seasoning and remove from heat.
10. Spread a little filling on the bottom half of the disc. Fold over to make a half-moon shape. Moisten the edges and press to seal.
11. Heat the oil in a pan; deep-fry the puffs till golden. Remove and drain the excess oil on paper towels.

Note: *Unfried puffs may be frozen for up to 2 months and fried when required.*

Variation: *You can also use a mince filling.*



Camarões Fritos

Fried prawns

Ingredients:

Prawns, shelled, deveined	1 cup / 200 gm / 7 oz
Kashmiri chilli powder	¾ tsp
Turmeric (<i>haldi</i>) powder	¼ tsp
Cumin (<i>jeera</i>) powder	¼ tsp
Garlic (<i>lasan</i>), minced	¼ tsp / 2 cloves
Ginger (<i>adrak</i>), minced	¼ tsp / ¼" piece
Salt to taste	
Vinegar (<i>sirka</i>)	1½ tsp / 7 ml
Vegetable oil	4-5 tbsp / 60-75 ml / 2-2½ fl oz

Method:

1. Mix the prawns with the rest of the ingredients except the oil, and leave to marinate for at least 30 minutes.
2. Heat the oil in a frying pan; shallow fry the prawns, a few at a time, till golden. Remove with a slotted spoon and drain the excess oil on paper towels.
3. Serve hot with wedges of lemon.

Variation: For a spicier version, marinate the prawns in 3-4 tsp *recheio spice paste* (see p. 11).

Serves: 4



Caril de Camarão

Goan style prawn curry

Ingredients:

Prawns, small, shelled, deveined	1 cup / 200 gm / 7 oz
Coconut (<i>nariyal</i>), grated	2 cups / 200 gm / 7 oz
Warm water	2 cups / 500 ml / 16 fl oz
For the spice paste:	
Kashmiri chillies (<i>sookhi lal mirch</i>)	8
Coriander (<i>dhaniya</i>) seeds	1½ tsp / 3 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Uncooked rice, washed	½ tsp
Turmeric (<i>haldi</i>) powder	¼ tsp
Garlic (<i>lasan</i>), minced	1 tsp / 6 cloves
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onion, small, finely sliced	1
Green chillies, slit	1-2
Curry leaves (<i>kadhi patta</i>)	5
Tamarind (<i>imli</i>), walnut-sized ball, soaked in ¼ cup water for 5 minutes	30 gm / 1 oz
Sugar	½ tsp / 1½ gm
Salt to taste	

Method:

1. Grind the coconut with ½ cup warm water and extract thick coconut milk. Reserve. Add 2½ cups warm water to the coconut, grind again and extract thin coconut milk. Keep aside.
2. **For the spice paste**, grind all the ingredients mentioned with a little water to a smooth paste.
3. Heat the oil in a pan; sauté the onion for 3 minutes. Add the spice paste; sauté for 1 minute more. Add the thin coconut milk, green chillies, and curry leaves. Cook on medium heat, partially covered, for 10 minutes.
4. Strain the tamarind pulp and add to the curry with the prawns. Cook for 5 minutes. Add the sugar and salt to taste.
5. Finally, add the thick coconut milk. Simmer without boiling for 2 minutes and remove from heat.
6. Serve with steamed white rice and fried fish.

Variation 1: Add 10 okra (bhindi) cut into 1½" pieces. Omit uncooked rice in the spice paste.

Variation 2: Add 1 peeled, sliced mango (unripe) or a few sliced bimbblims (see p. 9). Omit the tamarind.

Serves: 4-6

Doi Maach

Bengali style fish with yoghurt

Ingredients :

Fish, rohu fillets, washed	1 kg / 2.2 lb
Yoghurt (<i>dahi</i>)	1½ cups / 300 gm / 11 oz
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Ghee	¼ cup / 50 gm / 1¾ oz
Cloves (<i>laung</i>)	2
Green cardamom (<i>choti elaichi</i>)	2
Cinnamon (<i>dalchini</i>), 1" stick	1
Bay leaf (<i>tej patta</i>)	1
Black peppercorns (<i>sabut kali mirch</i>)	5
Onions, chopped	½ cup / 60 gm / 2 oz
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ gm
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Raisins (<i>kishmish</i>)	¾ cup / 90 gm / 3 oz

Method :

1. Marinate the fillets in half the yoghurt and turmeric powder for half an hour.
2. Heat the ghee and sauté the fish till it is three-fourth done. Keep aside.
3. To the ghee, add cloves, green cardamom, and cinnamon stick, bay leaf, and black peppercorns. Sauté for a few seconds, then add onions and ginger paste. Cook till the onions brown a little.
4. Add the remaining yoghurt, red chilli powder, and enough water to cover the ingredients.
5. Return the fish to the pan and then simmer for at least 15 minutes or until done.
6. Season with salt, add raisins and serve.

Serves: 2-4



Lau Chingri

Shrimp with bottle gourd

Ingredients :

Shrimps, cleaned, deveined	50 gm / 1¾ oz
Bottle gourd (<i>lauki</i>), peeled, grated without seeds	200 gm / 7 oz
Vegetable oil	4 tsp / 20 ml
<i>Panch phoran</i> (see p. 10)	1 tsp / 3 gm
Bay leaf (<i>tej patta</i>)	1
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Red chilli powder	1 tsp / 2 gm
Salt to taste	

Method :

1. Heat the oil in a wok (*kadhai*); sauté the *panch phoran* and bay leaf. Add the ginger paste and cook till it browns a little.
2. Add the bottle gourd and sauté it till becomes tender.
3. Add the shrimps and sauté over high heat for a few seconds.
4. Mix in the red chilli powder and 1 cup water. Cook on high heat till the liquid gets absorbed, stirring frequently. Serve hot.

Serves: 3

Potoler Dhorma

Stuffed Parwars

Ingredients:

Parwars (<i>parma</i>)	500 gm / 1.1 lb
For the gravy:	
Onions, chopped	800 gm / 28 oz
Coriander (<i>dhaniya</i>) powder	½ tsp
Cumin (<i>jeera</i>) powder	½ tsp
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder	1 tsp / 2 gm
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tsp / 12 gm
Tomatoes, chopped	150 gm / 5 oz
Salt	2 tsp / 8 gm
Water	1 cup / 250 ml / 8 fl oz
For the filling:	
Fish, deboned	250 gm / 9 oz
Vegetable oil	5½ tbsp / 80 ml / 2¾ fl oz
Ginger paste	1 tbsp / 18 gm
Garlic paste	2 tsp / 12 gm
Red chilli powder	2 tsp / 4 gm
Salt	1 tbsp / 4 gm
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz

Method:

1. Without peeling the parwars, scoop out the inner fleshy portion and blanch the shells in hot oil. Drain the excess oil and keep aside.
2. **For the gravy**, heat the oil in a pan; sauté the onions till brown. Add all the dry spices and ginger-garlic paste; cook for 2 minutes.
3. Add the tomatoes, salt, and water; cook for 12-15 minutes, stirring continuously, till a smooth gravy is obtained. Remove from heat.
4. **For the filling**, heat the oil in a pan; add the ginger and garlic pastes, red chilli powder, fish, and salt. Cook for 10 minutes over low heat.
5. Remove the pan from the heat; spoon the fish mixture inside the parwar shells.
6. When serving, place 1-2 stuffed shells in each serving dish, top them with the onion-tomato gravy and serve.

Serves: 2-4



Badha Kopi Maacher Muro

Cabbage with fish head

Ingredients:

Fish head, cut into even-sized pieces	150 gm / 5 oz
Cabbage (<i>bandh gobhi</i>), shredded	400 gm / 14 oz
Turmeric (<i>haldi</i>) powder	4 tsp / 8 gm
Salt to taste	
Mustard (<i>sarson</i>) oil	5 tbsp / 75 ml / 2½ fl oz
Onions, chopped	½ cup / 60 gm / 2 oz
<i>Panch phoran</i> (see p. 10)	1 tsp / 3 gm
Bay leaf (<i>tej patta</i>)	1
Red chilli powder	2 tsp / 4 gm
Water	4 tbsp / 60 ml / 2 fl oz

Method:

1. Marinate the fish head pieces with 2 tsp turmeric powder and salt for 15 minutes.
2. Heat the oil in a wok (*kadhai*); fry the marinated fish till golden brown and cooked. Remove and drain the excess oil on absorbent kitchen towels and keep aside.
3. In the same oil, sauté the onions for 2 minutes. Add the *panch phoran*, bay leaf, and cabbage along with the red chilli powder, the remaining turmeric powder, salt, and water.
4. Add the fried fish and cook till the cabbage is done and the water completely absorbed. Serve hot.

Serves: 2-4

Macchi Rolls

Fish rolls

Ingredients :

Fish (2" x 4" strips)	12
Butter	4 tbsp / 80 gm / 2¾ oz
Onions, chopped	4
Green chillies, slit	3
Ginger (<i>adrak</i>), chopped	2 tsp / 12 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Yoghurt (<i>dahi</i>), whisked	1 cup / 200 gm / 7 oz
Cream	½ cup / 100 ml / 3½ fl oz
Fenugreek seeds (<i>methi dana</i>), broiled, powdered	½ tsp / 1½ gm
Green cardamom (<i>choti elaichi</i>) powder	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tsp

Serves: 4

Method :

1. Roll each fish strip and secure with a toothpick.
2. Heat the butter in a heavy-bottomed pan; sauté onions until soft. Add green chillies and ginger; stir-fry for a few minutes.
3. Add turmeric powder, yoghurt, cream, fenugreek seeds, and green cardamom powder. Sauté for 10-15 minutes.
4. Place the fish rolls in the sauce and cook on low heat (*dum*) for 10-15 minutes or until the fish is cooked. Remove from heat. Transfer the fish onto a serving dish and remove the toothpicks.
5. Strain the gravy and pour on top of the fish. Serve hot, garnished with green coriander.



Kalonji Macchi

Fish flavoured with onion seeds in coconut sauce

Ingredients :

Fish fillets (sole / plain), cut into 3 pieces each	4
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onion seeds (<i>kalonji</i>)	1 tsp / 1½ gm
Dry red chillies (<i>sookhi lal mirch</i>)	4
Garlic (<i>lasan</i>) cloves, sliced	3
Onion, medium-sized, sliced	1
Tomatoes, medium-sized, sliced	2
Coconut (<i>nariyal</i>), grated	¼ cup / 25 gm
Salt to taste	
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Water	½ cup / 175 ml / 6 fl oz
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method :

1. Heat the oil in a wok (*kadhai*); reduce heat and add onion seeds, dry red chillies, garlic, and onion. Stir-fry for 3-4 minutes.
2. Mix in the tomatoes, coconut, salt, and coriander powder.
3. Add the fish pieces to the mixture and turn gently to cook evenly. Simmer and cook for 5-7 minutes.
4. Stir in the water, lemon juice, and green coriander. Cook further for 3-5 minutes or until the water evaporates.
5. Remove to a serving dish and serve hot.

Serves: 4

Mahi Mussallam

Fish flavoured with cashew nut and fenugreek

Ingredients:

River or sea fish (whole)	2 kg / 4.4 lb
For the marinade:	
Garlic (<i>lasan</i>) paste	4 tsp / 24 gm
Ginger (<i>adrak</i>) paste	4 tsp / 24 gm
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Vegetable oil	1 cup / 200 ml / 7 fl oz
Onion paste	1 cup / 300 gm / 11 oz
Ginger paste	3 tbsp / 54 gm / 1¾ oz
Garlic paste	3 tbsp / 54 gm / 1¾ oz
Cashew nut (<i>kaju</i>) paste	1 cup / 250 gm / 9 oz
Coriander (<i>dhaniya</i>) powder	3 tsp / 4½ gm
Red chilli powder	2 tsp / 4 gm
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Salt to taste	
Yoghurt (<i>dahi</i>)	¾ cup / 150 gm / 5 oz
Fenugreek (<i>methi</i>) powder	3 tsp / 6 gm
Garam masala	3 tsp / 6 gm
Vetivier (<i>kewda</i>)	5 drops
Lemon juice	1 tbsp / 15 ml
Green coriander (<i>hara dhaniya</i>), chopped	2 tsp
Butter, melted	2 tbsp / 40 gm / 1¼ oz

Method:

1. Clean, wash and wipe the fish thoroughly.
2. Mix all the ingredients for the marinade. Prick the fish with a sharp fork, rub the marinade all over and leave aside for an hour.
3. Heat the oil in a pan till it starts smoking. Arrange the fish in a baking dish. Baste the fish with hot oil.
4. To the oil left in the pan, add onion, ginger-garlic and cashew nut pastes; stir. Add coriander powder, red chilli powder, turmeric powder, and salt.
5. Add yoghurt and bring the mixture to the boil. Reduce to medium heat and stir until the oil separates from the mixture.
6. Add 1½ cups hot water and bring the mixture to a slow boil. Add fenugreek powder, garam masala, and vetivier.
7. Preheat oven to 130°C / 250°F. Pour a portion of the hot gravy over the fish and bake for 40 minutes, basting every 15 minutes with the gravy.
8. Remove the fish and arrange carefully in a shallow dish. Strain the gravy and add lemon juice. Pour the gravy over the fish and garnish with green coriander and melted butter.
9. Serve with rice.

Serves: 4-5



Bagda Chingri Jhal

Lobster with mustard paste

Ingredients:

Lobster, diced	300 gm / 11 oz
Mustard (<i>sarson</i>) oil	¼ cup / 50 ml / 1¾ fl oz
Green chillies, slit	5
Mustard paste (see p. 10)	2 tbsp / 30 gm / 1 oz
Water	1 cup / 250 ml / 8 fl oz
Salt	2 tsp / 8 gm

Method:

1. Heat the oil in a pan; sauté the lobster for a few seconds and remove.
2. To the same oil, add green chillies, mustard paste, and lobster. Add the water and cook till the gravy thickens. Add salt and serve hot.

Serves: 4

Macchi Tamater Tariwaala

Tomato fish

Ingredients:

Fish fillets, firm, white, deboned, cubed	1 kg / 2.2 lb
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Salt to taste	
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz
Onions, medium-sized, sliced	2
Red chilli powder	1 tsp / 2 gm
Sugar	1 tsp / 3 gm
Garam masala	2 tsp / 4 gm
Coriander (<i>dhaniya</i>) powder	1 tbsp / 4½ gm
Tomatoes, blanched, deseeded, chopped	500 gm / 1.1 lb
Sour cream	2 tbsp / 30 ml / 1 fl oz
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Green chillies, slit in half, deseeded	4

Method:

1. Marinate the fish cubes with 1½ tsp turmeric powder and salt to taste. Keep aside.
2. Heat the oil in a deep pan; fry the fish cubes until they are evenly browned. Put aside on a plate.
3. Add onions and sauté till transparent. Stir in red chilli powder, sugar, garam masala, coriander powder, and the remaining turmeric powder. Cook for 2 minutes.
4. Add tomatoes, sour cream, lemon juice, and green chillies. Bring to the boil, stirring continuously.
5. Add the fried fish cubes to the sauce and coat evenly. Simmer for 10 minutes or until the fish is cooked.
6. Serve hot.

Serves: 4



Ruwagan Gadh

Fish cooked delicately in a tomato gravy

Ingredients:

Fish, firm, white river fish, cut into cubes	500 gm / 1.1 lb
Vegetable oil	1 cup / 200 ml / 7 fl oz
Tomato purée	2 cups / 400 ml / 14 fl oz
Ver paste (see p. 11)	1 tbsp / 15 gm
Garlic (<i>lasan</i>), ground	1 tbsp / 18 gm
Water	4 cups / 1 lt / 32 fl oz
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Cloves (<i>laung</i>)	8
Green cardamom (<i>choti elaichi</i>)	5
Black cardamom (<i>badi elaichi</i>)	6
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Cinnamon (<i>dalchini</i>), 1" sticks	4
Salt to taste	
Onion paste, fried	1½ tbsp / 37 gm
Kashmiri red chilli powder, dissolved in 1 cup water	2 tsp / 4 gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Black cardamom (<i>badi elaichi</i>) seeds, powdered	1 tsp / 2 gm
Black cumin seeds (<i>shahi jeera</i>)	½ tsp / 1 gm

Method:

1. Fry the fish in oil until reddish brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Keep aside.
2. Heat the oil in a pan; add the tomato purée, ver paste and garlic; fry for 2-3 minutes. Add the water, ginger powder, cloves, green and black cardamom, turmeric powder, cinnamon sticks, salt, onion paste and the red chilli water. Mix well and bring the mixture to the boil. Continue to boil on high heat for 5 minutes.
3. Add the fried fish, reduce heat to low and bring the mixture to the boil. Add the black pepper powder, black cardamom powder, and black cumin seeds. Mix well and let the mixture simmer until the oil rises to the surface.

Serves: 4

Nadir Gadh

Fish fillets cooked with lotus stems

Ingredients :

Fish, firm, white river fish fillets	500 gm / 1.1 lb
Lotus stems (<i>kamal kakri</i>), cut diagonally ½"	
apart, thoroughly washed	500 gm / 1.1 lb
Vegetable oil	1 cup / 200 ml / 7 fl oz
Garlic (<i>lasan</i>), ground	1 tbsp / 18 gm
Ver paste (see p. 11)	1 tbsp / 15 gm
Kashmiri red chilli powder, dissolved	
in 1 cup water	2 tsp / 4 gm
Water	8 cups / 2 lt / 64 fl oz
Cloves (<i>laung</i>)	5
Black cardamom (<i>badi elaichi</i>)	5
Green cardamom (<i>choti elaichi</i>)	6
Ginger powder (<i>sonth</i>)	2 tsp / 4 gm
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Cinnamon (<i>dalchini</i>), 1" sticks	4
Salt to taste	
Onion paste, fried	1½ tbsp / 37 gm
Dry cockscomb (<i>mawal</i>) flowers, heated with	
1 cup water, extract	¼ cup / 50 ml / 1¾ fl oz
Black cumin (<i>shahi jeera</i>) seeds	½ tsp / 1 gm

Method :

1. Fry the fish in oil until reddish brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
2. Heat the oil in a deep pan; add the lotus stems and garlic. Fry until brown specks appear on the stems.
3. Add the ver paste and red chilli water. Keep stirring until all the water has dried up and the oil rises to the surface. Reduce heat and carefully add the water, cloves, black and green cardamom, ginger powder, turmeric powder, cinnamon sticks, salt, and onion paste. Bring the mixture to the boil. Then lower heat and simmer for 10-12 minutes or until the stems are tender.
4. Add the fried fish and the cockscomb flower extract. Bring the mixture to the boil again, stirring slowly and making sure that the fish does not break. Sprinkle the black cumin seeds and cook till the mixture is of a soup-like consistency.

Serves: 4



Balti Pomfret

Stir-fried pomfret in spicy mixture

Ingredients :

Pomfret fillets	800 gm / 28 oz
Salt to taste	
Malt vinegar (<i>sirka</i>)	3 tbsp / 60 ml / 2 fl oz
Tamarind (<i>imli</i>)	3 tbsp / 18 gm
Red chilli powder	1 tsp / 2 gm
Green chillies	10
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Mint (<i>pudina</i>) leaves	¼ cup
Green coriander (<i>hara dhaniya</i>), chopped	1 cup
Vegetable oil for frying	

Method :

1. Rub the pomfret fillets with salt and malt vinegar.
2. Soak tamarind in hot water and extract the pulp.
3. In a blender, make a paste of red chilli powder, green chillies, coriander powder, mint, green coriander, and tamarind pulp.
4. Marinate the pomfret fillets in the paste and keep aside for half an hour. Heat the oil in a non-stick pan and pan-fry the fillets coated with the marinade till crisp.
5. Remove and serve with bread or rice.

Serves: 4

Jhinga Jalfrezi

Sautéed prawn delicacy

Ingredients

Prawns	1 kg / 2.2 lb
Salt to taste	
Lemon (<i>nimbu</i>) juice	4 tsp / 20 ml
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	1 tbsp
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Ginger (<i>adrak</i>), julienned	30 gm / 1 oz
Garlic (<i>lasan</i>), chopped	4 tsp / 12 gm
Onions, chopped	2 cups / 240 gm / 9 oz
Tomatoes, chopped	300 gm / 11 oz
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Tomatoes, cut into cubes	150 gm / 5 oz
Capsicum, cut into cubes	150 gm / 5 oz
Onions, cut into cubes	150 gm / 5 oz
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method

1. Clean the prawns and marinate in a mixture of salt, lemon juice, half the turmeric powder and red chilli powder. Sauté for 2-3 minutes.
2. Heat the oil in a pan; add ginger and garlic; sauté for a minute. Add onions and sauté further till light brown.
3. Add tomatoes, cumin powder, and remaining turmeric and red chilli powder.
4. Stir in the prawns and cook until three-fourth done. Add tomatoes, capsicum, and onions. Mix well and cook further until the prawns are done.
5. Remove from heat and serve hot, garnished with green coriander.

Serves: 4



Shrimps in Coconut Milk

Ingredients:

Shrimps, peeled	600 gm / 20 oz
Vegetable oil	6 tbsp / 90 ml / 3 fl oz
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Curry leaves (<i>kadhi patta</i>)	2
Garlic (<i>lasan</i>), slivered	2 tsp / 6 gm
Onions, chopped	4
Green chilli, chopped	1
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Coconut (<i>nariyal</i>), fresh, grated	1
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Salt to taste	
Coconut milk	1 cup / 200 ml / 7 fl oz

Method:

1. Heat the oil in a wok (*kadhai*); sauté mustard seeds till they crackle. Add curry leaves, garlic, and onions. Stir-fry till the onions turn transparent.
2. Stir in all the other ingredients except coconut milk. Cook till the oil separates and appears on the surface. Add water as and when necessary to cook the curry.
3. Add the coconut milk along with the shrimps. Stir-fry till the shrimps are cooked and the curry has thickened. Remove from heat.
4. Serve hot.

Serves: 3-4

Prawn Exotica

Ingredients:

Prawns, shelled, deveined	800 gm / 28 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Green cardamom (<i>choti elaichi</i>)	4
Mace (<i>javitri</i>)	4
Onions, chopped	3
Garlic (<i>lasan</i>), chopped	2 tsp / 3 gm
Ginger (<i>adrak</i>), julienned	2 tsp / 12 gm
Green chillies, slit	2
Salt to taste	
Curry leaves (<i>kadhi patta</i>)	2
Cream	1½ cups / 300 ml / 11 oz

Method:

1. Heat the oil in a non-stick pan; add mustard seeds, green cardamom, and mace, sauté till they crackle.
2. Add onions, garlic, ginger, and green chillies. Cook till the onions are soft. Add salt.
3. Place the prawns in an ovenproof dish and pour the prepared mixture on top.
4. Add the curry leaves and cream to the mixture.
5. Seal the dish with an aluminium foil and cook in a preheated oven (180°C / 350°F) for 25 minutes.
6. Remove from oven; garnish with green coriander and serve hot.

Serves: 4-6



Macchi Patia

Fish in a thick tomato gravy

Ingredients:

Fish, fillets	750 gm / 26 oz
Salt to taste	
Lemon (<i>nimbu</i>) juice	1
Sesame (<i>til</i>) seed oil	4 tbsp / 60 ml / 2 fl oz
Onions, medium-sized, grated	8
Grind with a little vinegar:	
Garlic (<i>lasan</i>), cloves	6-8
Dry red chillies (<i>sookhi lal mirch</i>)	6-8
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Vinegar (<i>sirka</i>)	1 tbsp / 15 ml
Salt to taste	
Sugar to taste	
Tomatoes, ripe, made into a thick purée	3

Method:

1. Marinate the fish with salt and lemon juice; keep aside for 30 minutes.
2. Heat the sesame seed oil in a pan; sauté the onions till brown. Add the ground paste and mix well. Add the fish and simmer till tender.
3. Add vinegar, salt, sugar, and tomato purée. Mix well.
4. Serve hot with steamed rice.

Serves: 4-6

Sas Ni Macchi

Sweet and sour fish

Ingredients :

Pomfret, fillets or cut into ½"-thick slices	1 kg / 2.2 lb
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onion, large, finely chopped	1
Rice flour	1 tbsp / 10 gm
Cumin (<i>jeera</i>), coarsely powdered	1 tsp / 2 gm
Garlic (<i>lasan</i>), pods, finely chopped	2
Green chillies, seeded, chopped	8
Water	2 cups / 500 ml / 16 fl oz
Salt to taste	
Eggs, beaten	3
Sugar	1 tsp / 3 gm
Vinegar (<i>sirka</i>)	½ cup / 100 ml / 3½ fl oz
Green coriander (<i>hara dhaniya</i>), chopped	3 tbsp / 12 gm

Method :

1. Heat the oil in a broad pan; sauté the onion till light brown. Add the rice flour, sauté for 2 minutes. Add cumin powder, garlic, and green chillies; sauté for 1 minute. Add water and salt.
2. Bring the mixture to the boil. Add the fish and simmer till it is almost done. Remove from heat.
3. Mix the sugar and vinegar with the beaten eggs.
4. Pour the egg mixture into the pan and swirl it around, taking care not to break the fish.
5. Return the pan to the heat and simmer till the gravy thickens. Adjust the vinegar and sugar to get a sweet and sour taste.
6. Serve hot garnished with green coriander.

Serves: 6-8



Meen Curry

Fish cooked with curry leaves and coconut milk

Ingredients :

Fish, cut into slices	500 gm / 1.1 lb
Vegetable oil	3 tbsp / 45 ml / 1½ oz
Onions, sliced long	½ cup / 60 gm / 2 oz
Ginger (<i>adrak</i>), sliced	1½ tbsp / 36 gm
Green chillies, slit	3
Grind to a powder:	
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Red chilli powder	1 tsp / 2 gm
Mustard seeds (<i>rai</i>)	¼ tsp
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Black peppercorns (<i>sabut kali mirch</i>)	¼ tsp
Garlic (<i>lasan</i>) cloves	12
Curry leaves (<i>kadhi patta</i>)	a few
Vinegar (<i>sirka</i>) to taste	
Salt to taste	
Coconut (<i>nariyal</i>), grated, extract 1½ cups of thick coconut milk (see p. 10)	1 cup / 100 gm / 3½ oz

Method :

1. Heat the oil in a pan; add the onions and sauté till transparent. Add ginger, green chillies, and the spice powder. Sauté for a few minutes. Now add the garlic and curry leaves; fry well.
2. Add the fish, vinegar, and salt; mix gently. Pour enough water to cover, lower heat and cook covered. When the gravy is reduced to half, stir in the coconut milk.
3. Keep the pan uncovered, and simmer for a few minutes. Remove and serve.

Serves: 4

Meen Molee

Tangy fish cooked in coconut milk

Ingredients:

Fish, cleaned, spiced	750 gm / 26 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Garlic (<i>lasan</i>), chopped	1½ tsp / 4½ gm
Dry red chilli (<i>sookhi lal mirch</i>)	1
Coconuts (<i>nariyal</i>), grated	2
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Onions, medium-sized	2
Ginger (<i>adrak</i>), 1" piece	1
Green chillies, slit	6
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Salt to taste	
Tomatoes, big, chopped	250 gm / 9 oz

Serves: 4-6

Method:

1. Grind the turmeric powder, ½ tsp garlic, and the skin of dry red chilli together.
2. Make 2 extractions of coconut milk: the first extraction 1½ cups and the second 2 cups (see p. 10).
3. Heat the oil in a pot; add the onions, ginger, green chillies, and the remaining garlic; sauté for a few minutes. Add the ground ingredients and sauté.
4. Pour the second extract of coconut milk, lemon juice, and salt. When it comes to the boil, add the fish and cook on low heat for half an hour.
5. When the fish is cooked, add the first extract of coconut milk and arrange the tomatoes on top. Bring to the boil and remove the pot from the heat.
6. Serve hot.



Meen Vevichathu

Red fish curry

Ingredients:

Fish	500 gm / 1.1 lb
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Fenugreek seeds (<i>methi dana</i>)	a pinch
Onions, chopped	2
Ginger (<i>adrak</i>), sliced long	1½ tbsp / 36 gm / 1¼ oz
Red chilli powder, dissolved in a little water	3 tbsp
Curry leaves (<i>kadhi patta</i>)	1 sprig
Salt to taste	
Cocum (see p. 9), soaked in water	3 pieces
Garlic (<i>lasan</i>) cloves, chopped	12

Method:

1. Heat the oil in a pan; add the mustard and fenugreek seeds. When they start spluttering, add the onions. Sauté for a while then add the ginger.
2. Add the red chilli water and sauté till the oil separates.
3. Add some water, curry leaves, salt, cocum, fish, and garlic. Bring to the boil. Then reduce heat and cook till the fish is tender and the gravy is thick.
4. Serve hot with rice.

Serves: 6

Kashur Gadh

Tamarind-flavoured fish curry

Ingredients:

Fish fillets, washed, drained	1 kg / 2.2 lb
Vegetable oil	2 cups / 400 ml / 14 fl oz
Cloves (<i>laung</i>)	4
Black cardamom (<i>badi elaichi</i>), crushed	2
Red chilli powder	2 tsp / 4 gm
Water	2 cups / 500 ml / 16 fl oz
Ginger powder (<i>sonth</i>)	1½ tsp / 8 gm
Aniseed (<i>saunf</i>) powder	3 tsp / 6 gm
Garam masala	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Tamarind (<i>imli</i>), extract	4 tbsp / 60 gm / 2 oz
Green chillies, slit	3
<i>Tikki</i> masala (see p. 10)	1 tsp / 2 gm

Method:

1. Heat the oil in a big pan; fry the fish over high heat, till crisp and golden brown on both sides. Remove and drain the excess oil on absorbent kitchen towels and keep aside.
2. In a heavy-bottomed pan, reheat ½ cup oil. Add cloves and black cardamom; sauté for a few seconds. Add red chilli powder mixed with 4 tsp water and stir briskly till the oil reddens.
3. Add water, ginger powder, aniseed powder, garam masala, asafoetida, and salt. Bring to the boil. Gently add the fish and cook till the gravy thickens.
4. Add tamarind extract and green chillies. Stir carefully. Add the *tikki* masala and cook for a few more minutes till the oil separates. Serve with steamed rice.

Serves: 6



Muji Gadh

Fish à la radish

Ingredients:

Fish fillets, washed, drained	1 kg / 2.2 lb
Radish (<i>mooli</i>), peeled, washed, cut into 3"-long pieces, then halved	250 gm / 9 oz
Tomatoes, grated	200 gm / 7 oz
Vegetable oil	2 cups / 400 ml / 14 fl oz
Cloves (<i>laung</i>)	4
Red chilli powder	2 tsp / 4 gm
Water	2 cups / 500 ml / 16 fl oz
Ginger powder (<i>sonth</i>)	1½ tsp / 3 gm
Aniseed (<i>saunf</i>) powder	3 tsp / 6 gm
Garam masala	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	a pinch
Black cardamom (<i>badi elaichi</i>), crushed	2
Green chillies, slit	3
Salt to taste	
<i>Tikki</i> masala (see p. 10), crushed	1 tsp / 2 gm

Method:

1. Heat 1½ cups of oil in a big pan; fry the fillets over high heat until crisp and golden brown on both sides. Remove and drain the excess oil on absorbent kitchen towels and put aside. Deep-fry the radish in the same oil, till golden brown. Keep aside.
2. Heat the remaining oil in a pan; add cloves and red chilli powder mixed with water. Stir briskly for a few seconds; add tomatoes. Cook until the oil separates.
3. Add water, ginger powder, aniseed powder, garam masala, asafoetida, black cardamom, green chillies, and salt. Stir well and then add the fish fillets. Cook for about 10-15 minutes or till the gravy thickens.
4. Sprinkle *tikki* masala and cook for a minute. Serve hot.

Serves: 6-8

Pabda Maacher Jhal

Bengali fish curry

Ingredients:

Fish, pabda or pomfret	250 gm / 9 oz
Turmeric (<i>haldi</i>) powder	3 tsp / 6 gm
Salt	3 tsp / 12 gm
Mustard (<i>sarson</i>) oil	½ cup / 100 ml / 3½ fl oz
Onion seeds (<i>kalonji</i>)	2 tsp / 4 gm
Water	4 cups / 1 lt / 32 fl oz
Green chillies, slit	5
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Marinate the fish with 1 tsp each of turmeric powder and salt for half an hour.
2. Heat the mustard oil in a pan; fry the whole fish till three-quarters done. Remove and drain the excess oil.
3. In the same oil, add onion seeds, remaining turmeric powder, water, and green chillies; bring to the boil.
4. Add the fish and cook for about 10 minutes. Serve hot, garnished with green coriander.

Serves: 4



Tawa Macchi

Stir-fried fish cooked on a griddle

Ingredients:

Fish, cut into boneless pieces	1 kg / 2.2 lb
Ghee	½ cup / 100 gm / 3½ oz
Carom (<i>ajwain</i>) seeds	1 tsp / 2 gm
Onions, chopped	100 gm / 3½ oz
Ginger (<i>adrak</i>), chopped	2 tsp / 12 gm
Green chillies, chopped	4
Red chilli powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
For the gravy:	
Ghee	¼ cup / 50 gm / 1¾ oz
Garlic (<i>lasan</i>) paste	4 tsp / 24 gm
Coriander powder	2 tsp / 3 gm
Red chilli powder	1 tsp / 2 gm
Green chillies, chopped	4
Ginger, julienned	2 tbsp / 48 gm / 1¾ oz
Tomatoes, julienned	100 gm / 3½ oz
Dry fenugreek (<i>kasoori methi</i>) powder	1 tsp
Salt to taste	
Tomatoes, chopped	500 gm / 1.1 lb
Garam masala	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. For the **gravy**, heat the ghee in a wok (*kadhai*); add garlic paste and sauté for a few minutes.
2. Add all the other ingredients for the gravy except garam masala and green coriander and cook till the gravy thickens. Remove from heat and keep aside.
3. Heat the ghee on a griddle (*tawa*); add the fish pieces and sauté till half done. Remove the fish pieces to the sides of the griddle.
4. Add carom seeds and sauté. Add onions along with all the ingredients and the fried fish. Stir-fry for a few minutes. Stir in the gravy and cook till the gravy dries.
5. Sprinkle garam masala and green coriander. Remove from heat and serve hot.

Serves: 4

Macchi Pahalgami

Tender fish slices cooked in yoghurt

Ingredients:

White fish, cut into firm, large slices	1 kg / 2.2 lb
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Aniseed (<i>saunf</i>) powder	2 tsp / 4 gm
Ginger powder (<i>sonth</i>)	1½ tsp / 3 gm
Ghee / Vegetable oil	1 cup / 200 gm / 7 oz
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Dry red chillies (<i>sookhi lal mirch</i>)	6
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Red chilli powder	2 tsp / 4 gm
Yoghurt (<i>dahi</i>), whisked	1¾ cups / 350 gm / 12 oz
Salt to taste	

Serves: 6-8

Method:

1. Marinate the fish pieces in turmeric powder, aniseed powder, and dry ginger powder for 1 hour.
2. Heat the ghee / oil in a wok (*kadhai*) and fry the fish, one piece at a time. Fry until the pieces change colour. (Do not overcook.) Remove with a slotted spoon and drain the excess oil on absorbent paper.
3. In the same ghee / oil add the ginger paste, dry red chillies, cumin seeds, coriander powder, and red chilli powder. Fry for 1 minute.
4. Reduce heat and add yoghurt and cook until the ghee / oil separates from the masala. Add the fish slices and salt. Stir and simmer, keeping the wok covered, until the fish is well coated with the masala, and becomes tender.



Baked Pomfrets in Yoghurt Sauce

Ingredients:

Pomfrets	4 (300-350 gm / 11-12 oz each)
For the filling:	
Green coriander (<i>hara dhaniya</i>), chopped	200 gm / 7 oz
Green chillies, deseeded, chopped	4
Ginger (<i>adrak</i>), julienned	2 tsp / 12 gm
Garlic (<i>lasan</i>), crushed	10 cloves
Salt	
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Vegetable oil for frying	
For the curry:	
Yoghurt (<i>dahi</i>)	2½ cups / 500 gm / 1.1 lb
Coriander (<i>dhaniya</i>) seeds, broiled, pounded	4 tbsp / 18 gm
Salt	
Ginger, chopped	4 tsp / 24 gm
Coconut (<i>nariyal</i>) cream	1 cup / 200 ml / 7 fl oz
Onion paste	4 tsp / 24 gm
Green cardamom (<i>choti elaichi</i>), crushed	5
Bay leaves (<i>tej patta</i>)	4
Black peppercorns (<i>sabut kali mirch</i>), crushed	1 tbsp / 6 gm
Green chillies, slit	4
Lemon, cut	1

Method:

1. Clean the pomfrets, debone and make slight slashes.
2. **For the filling**, mix all the ingredients except oil and smear both inside and outside the pomfrets.
3. Heat the oil in a pan; lightly fry the pomfrets on both sides and place on a wide-bottomed ovenproof dish.
4. **For the curry**, whisk all the ingredients in yoghurt and pour over the fish. Cover and bake for 15 minutes.
5. Serve hot.

Serves: 4

Macchi Ka Salan

Fish fillet treat

Ingredients:

Fish fillets, round	1½ kg / 3.3 lb
Mix together and marinate the fish for 30 minutes:	
Red chilli powder	2 tsp / 4 gm
Green chilli paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Mint (<i>pudina</i>) paste	3 tbsp / 12 gm
Coriander (<i>dhaniya</i>) powder	3 tsp / 4½ gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm

Ghee / Vegetable oil	¾ cup / 150 gm / 5 oz
Onions, chopped	2 cups / 240 gm / 9 oz
Salt to taste	

Method:

1. Heat the ghee / oil in a large frying pan; add onions and sauté until light brown in colour.
2. Add the marinated fish fillets. Reduce heat and add ½ a cup of warm water and salt. Cook, stirring carefully, taking care that the fish pieces do not break. Cook until the fish is tender and the gravy is thick.

Serves: 8-10



Red Snapper Mussallam

Spicy red snapper

Ingredients:

Red snapper, whole, cleaned	2 (700-800 gm / 25- 28 oz each)
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For the marinade:

Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Salt to taste	
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Yoghurt (<i>dahi</i>), whisked	1¼ cups / 250 gm / 9 oz
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Coriander (<i>dhaniya</i>) seeds, roasted, crushed	2 tsp / 4 gm
Vegetable oil	¾ cup / 150 ml / 5 fl oz

For the curry:

Onions, chopped	1 cup / 120 gm / 4 oz
Tomatoes, chopped	200 gm / 7 oz
Coriander powder	1 tbsp / 4½ gm
Red chilli powder	2 tsp / 4 gm
Cashew nut (<i>kaju</i>) paste	1 tbsp / 15 gm
Garam masala	1 tsp / 2 gm
Salt to taste	
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Clean the whole fish and make slits on the flesh.
2. Mix together the ingredients for the marinade. Smear evenly on the fish and keep aside for one hour.
3. Heat the oil in a wok (*kadhai*); fry the fish on both sides till golden brown. Remove and keep aside.
4. In the same oil, sauté the onions till transparent. Add the remaining ingredients for the curry, except green coriander. Stir-fry for a few minutes, sprinkling water occasionally.
5. Place the fish in a roasting pan. Pour the gravy on top. Cover and cook for 10 minutes.
6. Stir in the remaining marinade; cook and stir for 5 minutes.
7. Place fish in an ovenproof dish; cover and cook for 40 minutes in a moderately hot oven. Serve hot with a green salad.

Serves: 4

Pomfrets in Thick Curry

Ingredients:

Pomfret fillets	700 gm / 25 oz
Salt to taste	
Lemon (<i>nimbu</i>) juice	3 tbsp / 45 ml / 1½ fl oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Curry leaves (<i>kadhi patta</i>)	10
Ginger (<i>adrak</i>), chopped	4 tsp / 24 gm
Onions, chopped	5 tbsp / 60 gm / 2 oz
Tomatoes, chopped	90 gm / 3 oz
Red chilli powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Yoghurt (<i>dahi</i>), whisked	¾ cup / 150 gm / 5 oz

Serves: 4

Method:

1. Marinate the pomfret fillets with half the salt, lemon juice, and turmeric powder. Keep aside for 15 minutes.
2. Heat the oil in a non-stick pan; fry the marinated fillets till they are golden brown. Drain and keep aside.
3. To the same oil, add mustard seeds and curry leaves and sauté till the seeds crackle.
4. Add ginger and onions; cook till the onions soften. Add tomatoes and cook till the oil separates.
5. Stir in the red chilli powder, cumin powder, coriander powder, and the remaining turmeric powder. Stir for a minute.
6. Mix in the yoghurt. Boil and simmer for 7 minutes.
7. Lower the fried fish into the curry and simmer.
8. After 4 minutes, remove the fillets and place on the serving dish. Pour the curry on top.
9. Serve hot.



Meen Mulaki Hathu

Fried chilli fish cooked in tamarind juice

Ingredients:

Fish, medium-sized, cleaned	4
Coconut (<i>nariyal</i>) oil	1 tbsp / 15 ml
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Fenugreek seeds (<i>methi dana</i>)	1 tsp / 3 gm
Onions, medium-sized, chopped	4
Green chillies, chopped	3
Garlic (<i>lasan</i>) cloves, crushed	6
Red chilli powder	1½ tsp / 3 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Tamarind (<i>imli</i>), extract (see p. 10)	30 gm / 1 oz
Curry leaves (<i>kadhi patta</i>)	20
Salt to taste	
Tomatoes, chopped	2

Method:

1. Heat the coconut oil in a wok (*kadhai*); add mustard and fenugreek seeds. When they start to crackle add onions, green chillies, and garlic. Fry for a few seconds, and then add red chilli powder and turmeric powder. Mix well for a minute.
2. Add tamarind juice and let the mixture simmer for some time.
3. Add fish, curry leaves, salt, and tomatoes. Cook covered for 10 minutes or till the fish is done.
4. Serve hot with steamed rice.

Serves: 3-4

Methi Macchi

Fenugreek-flavoured fish

Ingredients:

White fish, firm and cut into 2" x 2" cubes	500 gm / 1.1 lb
Ghee / Vegetable oil	½ cup / 100 gm / 3½ gm
Fenugreek seeds (<i>methi dana</i>)	1 tsp / 3 gm
Dry red chillies (<i>sookhi lal mirch</i>)	2
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ gm
Red chilli powder	3 tsp / 6 gm
Coriander (<i>dhaniya</i>) powder	3 tsp / 4½ gm
Cumin (<i>jeera</i>) seeds	1½ tsp / 3 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Onion paste	3 tbsp / 75 gm / 2½ oz
Garlic (<i>lasan</i>) paste	3 tsp / 18 gm
Ginger (<i>adrak</i>) paste	1½ tsp / 9 gm
Dry fenugreek leaves (<i>kasoori methi</i>)	2 tsp / 1 gm
Salt to taste	

Method:

1. Wash the fish pieces and dry them thoroughly.
2. Heat the ghee / oil; add fenugreek seeds and dry red chillies. Fry until they turn black in colour. Remove and discard.
3. Reduce heat and add all the other ingredients and fry until well browned and the masala separates from the oil.
4. Add the fish pieces and stir. Cook on low heat, stirring occasionally. Cook until the fish is tender and no liquid remains.

Serves: 4



Macchi Tamater Ka Salan

Tomato fish curry

Ingredients:

Fish, cut into 1" x 2" pieces, cleaned	1 kg / 2.2 lb
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Ghee	½ cup / 100 gm / 3½ oz
Onions, chopped	1 cup / 120 gm / 4 oz
Garlic (<i>lasan</i>) paste	3 tsp / 18 gm
Ginger (<i>adrak</i>) paste	3 tsp / 18 gm
Red chilli powder	2 tsp / 4 gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Tomatoes, large, chopped	2

Method:

1. Pat dry the fish; rub in the salt and turmeric powder. Keep aside to marinate for half an hour.
2. Heat the ghee in a large saucepan. When hot, add onions and sauté until translucent. Add garlic-ginger pastes, red chilli powder, and black pepper. Fry until light brown.
3. Add the fish and stir gently for 2-3 minutes. Add tomatoes, reduce heat and cook uncovered till the tomatoes are soft and form a coarse pulp. Cook until the fish is tender and the gravy is thick. Serve hot.

Serves: 5-6

Khatti Macchi

Tangy fish

Ingredients:

Fish, cut into 2" fillets	8-9 / 500 gm / 1.1 lb
Water	1 cup / 250 ml / 8 fl oz
Lemon (<i>nimbu</i>) juice	4 tbsp / 60 ml / 2 fl oz
Black pepper (<i>kali mirch</i>) powder	1½ tsp / 3 gm
Salt	1 tsp / 4 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Carom (<i>ajwain</i>) seeds or oregano powder	½ tsp
Garlic (<i>lasan</i>) cloves, finely chopped	6-7
Onion, large, sliced	1
Capsicum (<i>Shimla mirch</i>), sliced (green or yellow or red or a mixture of all 3)	2
Cornflour, dissolved in 1 tbsp water	1 tsp / 2 gm

Method:

- 1 In a large, non-stick pan, add water, lemon juice, black pepper, salt, cumin powder, carom seeds, garlic, and onion. Cook covered on medium heat for 3-4 minutes or till the onion is tender. Add fish and cook covered on medium heat for 10 minutes or till soft.
- 2 Remove the fish into a serving dish with a slotted spoon.
3. Add capsicum and cook for 1-2 minutes or till tender but crisp.
4. Add cornflour paste and after one boil pour the sauce over the fish and serve hot.

Serves: 4



Macchi Punjabi Curry

Punjabi fish curry

Ingredients:

Fish, boneless, fillets	12
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Garlic (<i>lasan</i>), cloves, chopped	8
Ginger (<i>adrak</i>), 1" piece, cut into small pieces	1
Green chillies, slit lengthwise, deseeded, cut into small pieces	6
Onions, grated	¾ cup / 150 gm / 5 oz
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Curry leaves (<i>kadhi patta</i>)	2-3
Tomatoes, puréed, strained	3
Salt to taste	
Vinegar (<i>sirka</i>)	1 tbsp / 15 ml
Cream, fresh	2 tbsp / 40 ml / 1½ fl oz
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Heat the oil in a pan; add mustard seeds. Stir on medium heat until they begin to splutter. Add garlic and ginger; sauté for a minute. Add green chillies and onions; sauté until brown.
2. Add turmeric powder, curry leaves, and tomatoes. Fry for 2-3 minutes. Add fish, salt, and vinegar.
3. Lower heat and cook covered for a few minutes till the fish is tender.
4. Stir only once or twice and very gently to make sure that the fillets do not break. Taste and adjust the seasoning. Stir in the cream gently.
5. Serve garnished with chopped green coriander and accompanied with rice.

Serves: 4

Caril de Peixe

Fish in coconut curry

Ingredients:

Fish (pomfret / seer / black pomfret),
sliced 250 gm / 9 oz

For the spice paste:

Kashmiri chillies (*sookhi lal mirch*) 8

Coriander (*dhaniya*) seeds 1½ tsp / 3 gm

Cumin (*jeera*) seeds ¾ tsp / 1½ gm

Turmeric (*haldi*) powder ¼ tsp

Coconut (*nariyal*), grated 1¼ cups / 150 gm / 5 oz

Garlic (*lasan*), minced ¾ tsp / 4 cloves

Tamarind (*imli*), walnut-sized ball,
cleaned 30 gm / 1 oz

Vegetable oil 2 tbsp / 30 ml / 1 fl oz

Onion, small, sliced 1

Water 2 cups / 500 ml / 16 fl oz

Green chillies, slit 2

Curry leaves (*kadhi patta*) 5-6

Salt to taste

Sugar a pinch

Method:

1. Apply ½ tsp salt to the fish. Keep aside for 10 minutes. Wash and pat dry.
2. **For the spice paste**, grind all the ingredients together with ½ cup water to a smooth paste.
3. Heat the oil in a pan; sauté onion for a few minutes. Add the ground spice paste and sauté for 2-3 minutes.
4. Add the water, green chillies, and curry leaves. Bring the mixture to the boil, lower heat and simmer, partially covered, for 10 minutes.
5. Add salt to taste, sugar, and fish. Cook for 5 minutes, shaking the pan occasionally. Adjust seasoning.
6. Serve hot with steamed rice.

Variations: Fish curry with cocum: Add 4-5 pieces of cocum (see p. 9) while adding the fish. Reduce the quantity of tamarind.

Prawn and bimblim curry: Use ½ cup of shelled prawns. Add 5-6 bimblims (see p. 9) to the curry. Omit tamarind.

Serves: 5



Chemeen Manga Curry

Prawn and mango curry

Ingredients:

Prawns, fresh 500 gm / 1.1 lb

Red chilli powder 3 tbsp

Turmeric (*haldi*) powder 1 tsp / 2 gm

Coriander (*dhaniya*) powder ¾ tbsp

Onions, sliced lengthwise ½ cup / 60 gm / 2 oz

Green chillies 6

Ginger (*adrak*), 1" piece, julienned 1

Green mango, medium-sized 1

Salt to taste

Garlic (*lasan*) 1½ tbsp

Curry leaves (*kadhi patta*) a few

Coconut (*nariyal*), grated ½ cup / 50 gm / 1¼ oz

Coconut oil 4 tbsp / 60 ml / 2 fl oz

Method:

1. Mix the red chilli powder, turmeric powder, and coriander powder together. Add a little water to make a smooth paste.
2. Mix all the ingredients together except the last two in a wok (*kadhai*) and bring the mixture to the boil. Lower heat and simmer till the prawns are cooked and the gravy is thick.
3. Now mix in the grated coconut gently and pour in the coconut oil.
4. Serve hot.

Serves: 4

Caldinho de Peixe

Fish in a light coconut milk curry

Ingredients:

Fish (pomfret / seer / black pomfret), sliced	500 gm / 1.1 lb
Coconut (<i>nariyal</i>), grated	2 cups / 200 gm / 7 oz
Warm water	1 cup / 250 ml / 8 fl oz
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) seeds	1 tbsp / 6 gm
Uncooked rice, washed	1 tsp
Garlic (<i>lasan</i>), chopped	1 tsp / 6 cloves
Onion, small, chopped	½
Green chillies	1 chopped + 2 slit
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onion, medium-sized, finely sliced	1
Salt to taste	
Sugar	¼ tsp
Vinegar (<i>sirka</i>)	1 tbsp / 15 ml

Serves: 4-6

Method:

1. Wash the fish, apply 1 tsp salt and keep aside.
2. Grind the coconut with ½ cup warm water, turmeric powder, cumin seeds, coriander seeds, uncooked rice, garlic, onion, and 1 chopped green chilli to extract thick, spicy coconut milk.
3. Grind the coconut again with 1 cup warm water to extract thin, spicy coconut milk. Keep separate.
4. Heat the oil in a pan; add the onion and sauté for 3 minutes till soft.
5. Add the thin coconut milk, salt, and sugar; cook, partially covered for 10 minutes.
6. Add the fish and slit green chillies and cook for 5 minutes till done. Shake the pan to mix. Do not stir.
7. Add the vinegar and thick coconut milk and cook on low heat for 2 minutes, shaking the pan occasionally. Do not let the mixture boil. Adjust seasoning. Remove from heat.
8. Serve hot with steamed rice.



Nariyal Macchi

Coconut fish

Ingredients:

White fish fillets, cut into cubes firmly	1 kg / 2.2 lb
For the marinade:	
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Salt	2 tsp / 8 gm
For the curry:	
Mustard (<i>sarson</i>) oil	½ cup / 100 ml / 3½ fl oz
Garlic (<i>lasan</i>), finely chopped	2 tbsp / 25 gm
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Turmeric powder	2 tsp / 4 gm
Salt to taste	
Red chilli powder	1 tsp / 2 gm
Curry leaves (<i>kadhi patta</i>)	20
Coconut milk, thick, from	
1 whole grated coconut	1 cup / 200 ml / 7 fl oz
Tamarind (<i>imli</i>) pulp, boiled in 2 cups of water and then strained	50 gm / 1¾ oz
Green chillies, deseeded	15 / 45 gm / 1½ oz

Method:

1. Rub the turmeric powder and salt into the fish thoroughly. Keep aside for half an hour.
2. Heat the mustard oil until it starts smoking; fry the marinated fish cubes, two at a time, until golden in colour. Remove with a slotted spoon and drain the excess oil on absorbent paper. In the same oil, add the garlic and sauté until light brown. Add the cumin powder, turmeric powder, salt, red chilli powder, curry leaves, coconut milk, and tamarind extract, and green chillies. Stir rapidly and bring to the boil. Add the fried fish cubes and cook for 5 minutes.

Serves: 6-8

Parsi Colmi Papeta

Parsi prawns with potatoes

Ingredients:

Prawns, raw, shelled, deveined, washed	450 gm / 1 lb
Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml
Salt to taste	

Grind to a paste:

Dry red chillies (<i>sookhi lal mirch</i>), soaked in 1½ tbsp malt vinegar	6
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Garlic (<i>lasan</i>), cloves	4-5
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Onion, small, chopped	1

Potatoes, peeled, cut into 1 cm cubes	450 gm / 1 lb
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Curry leaves (<i>kadhi patta</i>)	5-6
Green garlic, cloves and shoots, fresh, chopped	8
Green chillies, finely chopped	2
Salt to taste	
Green coriander (<i>hara dhaniya</i>), fresh, finely chopped	2 tbsp / 8 gm
Eggs, fried (optional)	2

Method:

1. Marinate the prawns with lemon juice and some salt. Keep aside.
2. Grind all the ingredients mentioned to a smooth paste, adding a little vinegar if necessary.
3. Mix this paste with the potatoes and keep aside to marinate for at least 1 hour.
4. Heat the oil in a large pan over medium heat; sauté the curry leaves, green garlic, and green chillies for 2-3 minutes. Add the marinated potatoes.
5. Sauté for 5 minutes, stirring frequently, with a wooden spoon, scraping the base of the pan. Add just enough water to cover the potatoes.
6. Lower heat and simmer, covered, for about 40 minutes or until the potatoes are almost done. The sauce should be thick and rich, if it is too watery, simmer for a while longer. Increase heat and add the prawns. Cook for 2-3 minutes until done.
7. Season with salt and garnish with green coriander.
8. Serve hot with fried eggs on top of the potatoes. This goes well with chapatti.

Serves: 4-6



Chingri Maacher Malai Curry

Prawns in coconut milk curry

Ingredients:

Prawns, shelled	900 gm / 2 lb
Turmeric (<i>haldi</i>) powder	3 tsp / 6 gm
Salt	3 tsp / 12 gm
Creamed coconut	½ cup / 100 ml / 3½ fl oz
Water	2 cups / 500 ml / 16 fl oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onion, large, chopped	1
Red chilli powder	1 tsp / 2 gm
Sugar	1 tsp / 3 gm
Green chillies, chopped	3

Method:

1. Marinate the prawns with salt and turmeric powder. Keep aside for half an hour.
2. Blend together the creamed coconut and water. Keep aside.
3. Heat the oil in a wok (*kadhai*); fry the prawns on high heat until golden brown. Remove with a slotted spoon and keep aside.
4. To the same oil, add onion and fry till golden brown. Add red chilli powder and cook for 2-3 minutes.
5. Add the coconut-milk mixture and bring to the boil.
6. Add the prawns and green chillies. Cover and cook on low heat for 20 minutes or until the gravy thickens. Serve hot.

Serves: 2-4

Sondhia

Princely prawns

Ingredients :

Prawns, shelled, deveined, washed and dried with paper towels. (Wash and keep the shells.)	1 kg / 2.2 lb
Cinnamon (<i>dalchini</i>), 2" stick	1
Black peppercorns (<i>sabut kali mirch</i>)	20
Marinate the prawns in the following for 1 hour:	
Red chilli powder	1½ tsp / 3 gm
Cumin (<i>jeera</i>) seed, roasted, powdered	1½ tsp / 3 gm
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Salt to taste	
Garlic (<i>lasan</i>) paste	1½ tsp / 9 gm
Green chillies, finely chopped	4
Lemon (<i>nimbu</i>) juice	5 tbsp / 75 ml / 2½ fl oz
Ghee / Vegetable oil	¼ cup / 50 gm / 1¾ oz
Green coriander (<i>hara dhaniya</i>), finely chopped	3 tbsp / 12 gm

Method :

1. Heat 1½ cups water in a saucepan; add the prawn shells, cinnamon stick, and black peppercorns. Bring the mixture to the boil. Cover the pan and lower heat. Simmer for 25 minutes. Strain the stock, discarding the shells and the whole spices. The stock should measure 1 cup.
2. In a large frying pan, heat the ghee / oil and when hot, add the prawns with the marinade. Cook, stirring until the prawns turn pink in colour. Pour in the stock and bring to the rapid boil. Cook uncovered until the prawns are tender. (Do not overcook the prawns and let them get too soft.)
3. Stir in the green coriander.

Serves: 6-8



Shrimps with Mangoes

Ingredients :

Shrimps	400 gm / 14 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Curry leaves (<i>kadhi patta</i>)	4
Onions, chopped	100 gm / 3½ oz
Green chillies, slit	2
Ginger (<i>adrak</i>), chopped	1 tbsp / 24 gm
Garlic (<i>lasan</i>), chopped	1 tbsp / 12 gm
Coriander (<i>dhaniya</i>) powder	1 tbsp / 4½ gm
Red chilli powder	2 tsp / 4 gm
Mangoes, raw, sliced	200 gm / 7 oz
Coconut (<i>nariyal</i>) milk	1 cup / 200 ml / 7 fl oz

Method :

1. Marinate the shrimps in turmeric powder and salt; keep aside.
2. Heat the oil in a wok (*kadhai*); sauté shrimps for a while. Remove and keep aside.
3. Add mustard seeds in the same oil and let them crackle.
4. Add curry leaves, onions, green chillies, ginger, and garlic. Cook till the onions are lightly browned. Add coriander powder and red chilli powder; stir.
5. Mix the shrimps and mangoes into the curry. Add the coconut milk and cook for 15-20 minutes till the curry thickens. Remove from heat.
6. Serve hot.

Serves: 4

Prawns in Sweet and Sour Sauce

Ingredients:

Prawns, cleaned	600 gm / 22 oz
Eggs, whisked	2
Salt	1 tsp / 5 gm
Cornflour	4 tsp / 8 gm
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Capsicum (<i>Shimla mirch</i>), diced	30 gm / 1 oz
Onions, chopped	20 gm
Sweet and sour sauce	¼ cup / 50 ml / 1¾ fl oz
Pineapple (<i>ananas</i>), diced	30 gm / 1 oz
Tomatoes, diced	30 gm / 1 oz

Serves: 2-4

Method:

1. Marinate the prawns with eggs, salt, and 2 tsp cornflour.
2. Heat the oil in a pan; deep-fry the marinated prawns. Remove, drain the excess oil and keep aside.
3. In the same pan, add capsicum and onions and sauté for a few minutes. Add the sweet and sour sauce along with pineapple and tomatoes.
4. Stir in the remaining cornflour dissolved in water to thicken the sauce. Cook for a few seconds.
5. Remove from heat; transfer into a serving bowl and serve hot.



Garlic-Flavoured Prawns

Ingredients:

Prawns, shelled	12
Vegetable oil	1 tbsp / 15 ml
Onions, finely sliced	50 gm / 1¾ oz
Garlic (<i>lasan</i>), minced	1 tbsp / 15 gm
Black pepper (<i>kali mirch</i>), ground	1 tbsp / 4 gm
Broccoli stems, peeled, sliced	50 gm / 1¾ oz
Mushrooms (<i>guchhi</i>), sliced	25 gm
Fish stock	4-6 tbsp / 60-90 ml / 2-3 fl oz
Soy sauce	4 tbsp / 60 ml / 2 fl oz
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Heat the oil in a wok; add the onions, garlic and black pepper and stir-fry for 30 seconds.
2. Add the broccoli stems and stir-fry for 1 minute. Add the mushrooms, prawns, 4 tbsp fish stock and soy sauce. Stir-fry over high heat for 1-2 minutes adding more fish stock if the mixture is drying out.
3. Serve hot, garnished with green coriander.

Serves: 4

Lobster Curry

Ingredients:

Lobsters	800 gm / 28 oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onions, chopped	¾ cup / 90 gm / 3 oz
Ginger (<i>adrak</i>) paste	1 tbsp / 18 gm
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Green chillies chopped	4
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Tomatoes, chopped	120 gm / 4 oz
Coconut (<i>nariyal</i>) paste	4 tbsp / 60 gm / 2 oz
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Curry leaves (<i>kadhi patta</i>)	10
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Shell, devein, wash and cut lobsters into dices.
2. Heat the oil in a pan; sauté onions till golden brown. Add ginger-garlic paste and sauté.
3. Add green chillies, red chilli powder, turmeric powder, salt, and tomatoes. Stir-cook till the masala-mix leaves the sides of the pan.
4. Add the diced lobsters. Sauté for 2-3 minutes.
5. Stir in the coconut paste. Add approximately 2 cups water and bring to the boil. Lower heat and simmer.
6. Add lemon juice and curry leaves; cook for 2-3 minutes. Garnish with green coriander and serve accompanied by steamed rice.

Serves: 4



Era Kozhambu

Prawn curry

Ingredients:

Prawns, medium-sized	500 gm / 1.1 lb
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Curry leaves (<i>kadhi patta</i>)	20
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) cloves, paste	4
Onions, chopped	½ cup / 60 gm / 2 oz
Grind to a paste:	
Dry red chillies (<i>sookhi lal mirch</i>)	4
Coriander (<i>dhaniya</i>) seeds	3 tsp / 6 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Tomatoes, chopped	100 gm / 3½ oz
Tamarind (<i>imli</i>), extract (see p. 10)	2 tbsp / 30 gm / 1 oz
Salt to taste	
Coconut (<i>nariyal</i>), grated	½

Method:

1. Heat the oil in a wok (*kadhai*); add curry leaves (keep aside a few for garnishing), mustard seeds, ginger-garlic paste, and onions. Sauté for a while.
2. Add the ground paste. Cook for 5 minutes. Mix in the tomatoes, tamarind pulp, and salt.
3. Stir in the prawns; after the first boil simmer for 10-12 minutes or till the prawns are cooked.
4. Heat a little oil in another pan; fry the remaining curry leaves for 3-4 seconds.
5. Serve hot, garnished with coconut and fried curry leaves.

Serves: 2-4

Adraki Jhinga Kari

Prawn curry flavoured with ginger

Ingredients:

Prawns, shelled, deveined	500 gm / 1.1 lb
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Ghee	1 tbsp / 15 gm
Tomatoes, quartered	3
Garlic (<i>lasan</i>) cloves	10
Ginger (<i>adrak</i>), julienned	2 tsp / 12 gm
Green chillies, slit	6
Red chilli powder	2 tsp / 4 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Salt to taste	

Method:

1. Mix the prawns well with lemon juice. Keep aside for 10 minutes. Wash the prawns under running water. Drain and keep aside.
2. Heat the ghee in a wok (*kadhai*); add tomatoes, stir and add garlic, ginger, and green chillies. Sauté until the tomatoes turn soft.
3. Add ½ cup water and bring the mixture to the boil. Mix in red chilli powder, turmeric powder, and cumin powder. Add salt and prawns. Cook for 8-10 minutes until the water evaporates and the prawns are done.
4. Serve hot.

Serves: 2-4



Tamater Jhinga

Prawns in tomato cream sauce

Ingredients:

Prawns, peeled, washed	500 gm / 1.1 lb
For the sauce:	
Tomato purée	5 tbsp / 75 ml / 2½ fl oz
Salt	¾ tsp
Sugar	¼ tsp
Garam masala	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds, roasted, ground	½ tsp / 1 gm
Red chilli powder	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>), chopped	3 tbsp / 12 gm
Green chilli, finely chopped	1
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml

Single cream	1 cup / 200 ml / 7 fl oz
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Black mustard (<i>rai</i>) seeds	1 tsp / 3 gm
Garlic (<i>lasan</i>) cloves, finely chopped	3
Curry leaves (<i>kadhi patta</i>)	10-15

Method:

1. **For the sauce,** put all the ingredients in a bowl, mix well.
2. Gradually stir in the cream and keep aside.
3. Heat the oil in a wok (*kadhai*); add mustard seeds. When they start popping, add garlic and curry leaves; sauté until garlic turns medium brown.
4. Add the prawns and stir until they are opaque most of the way through. Add the sauce. Reduce heat to medium and heat the sauce through until it begins to simmer.
5. Remove the wok from the heat and serve with rice.

Serves: 4

Ambot-Tik

Hot and sour fish curry

Ingredients:

Fish (preferably shark / catfish), washed, cut into 1½" cubes	250 gm / 9 oz
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Onion, medium-sized, chopped	1
Garlic (<i>lasan</i>), minced	½ tsp / 3 cloves
Ginger (<i>adrak</i>), minced	½ tsp / ½" piece
<i>Recheio</i> spice paste (see p. 11)	4 tbsp / 60 gm / 2 oz
Salt to taste	
Sugar	a pinch
Vinegar (<i>sirka</i>) to taste	

Serves: 4

Method:

1. Sprinkle some salt on the fish and keep aside.
2. Heat the oil in a pan; add onion and sauté for 3 minutes till soft. Add garlic and ginger; sauté for 30 seconds.
3. Add *recheio* spice paste and stir-fry for 2 minutes, adding a little water if necessary.
4. Add 1¼ cups water and bring the mixture to the boil, lower heat, cover and simmer for 10 minutes.
5. Add the fish, salt to taste, and sugar. Simmer for 5 minutes until the fish is cooked and the gravy is thick. Adjust seasoning. Add vinegar, if necessary. Remove from heat.
6. Serve hot with rice or bread.



Caril de Caranguejos

Crab curry

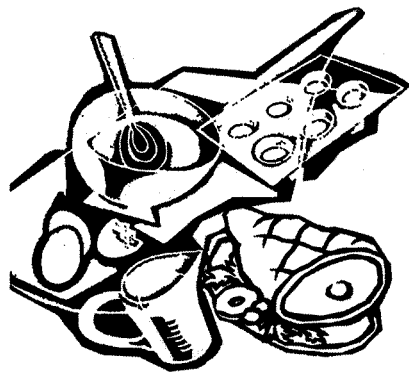
Ingredients:

Crabs, medium-sized, washed	6-8 (1 kg / 2.2 lb)
Grind to a smooth paste with a little water:	
Kashmiri chillies (<i>sookhi lal mirch</i>)	12
Coriander (<i>dhaniya</i>) seeds	1 tbsp / 6 gm
Cumin (<i>jeera</i>) seeds	1½ tsp / 3 gm
Black peppercorns (<i>sabut kali mirch</i>)	10
Cinnamon (<i>dalchini</i>), 1" stick	1
Cloves (<i>laung</i>)	6
Garlic (<i>lasan</i>), chopped	2 tsp / 12 cloves
Tamarind (<i>imli</i>), lemon-sized ball	30 gm / 1 oz
Coconut (<i>nariyal</i>), grated	2 cups / 200 gm / 7 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Onions, medium-sized, finely sliced	2
Curry leaves (<i>kadhi patta</i>)	6-8 leaves
Green chillies, slit	3-4
Salt to taste	

Method:

1. Break the claws and legs of the crabs. Discard the shell, gills, and stomach pouch.
2. Heat the oil in a pan; sauté the onions until soft. Stir in the curry leaves. Add the spice paste and sauté for 3 minutes. Mix in the crab pieces, claws, and legs. Add 2 cups water, green chillies, and salt. Bring the mixture to the boil, lower heat and simmer, partially covered, for 15 minutes until the crabs are cooked. Adjust seasoning.
3. Serve hot with steamed rice or crusty bread.

Serves: 6-8



Egg, Pork & Liver

Lagan Na Tarkari Per Eda

Egg yolks on spicy tomato mixture

Ingredients :

Eggs	8
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz
Ginger-garlic (<i>adrak-lasan</i>) paste	1 tsp / 6 gm
Green chillies, deseeded, finely chopped	4
Tomatoes, large, skinned, deseeded	3
Green coriander (<i>hara dhaniya</i>), cleaned, washed, finely chopped	½ cup / 12 gm
Vinegar (<i>sirka</i>)	1 tbsp / 15 ml
Red chilli powder	½ tsp / 1 gm
Garam masala	½ tsp / 1 gm
Salt to taste	
Onions, sliced, deep-fried	3

Method :

1. Heat the oil in a large heavy-bottomed pan; add ginger-garlic paste and sauté on medium heat for 2 minutes.
2. Add green chillies, tomatoes, green coriander, vinegar, red chilli powder, and garam masala. Cook till the tomatoes turn soft. Mix in the salt and fried onions.
3. Flatten the mixture evenly and make 8 depressions in the mixture. Lower heat.
4. Break each egg separately in a saucer and slip it in a depression. Repeat till all the depressions are covered with egg yolks. Sprinkle lightly with salt.
5. Cook covered till the yolks are done. Do not allow the eggs to become hard. Serve immediately.

Serves: 6-8



Akoori

Spicy scrambled eggs

Ingredients :

Eggs	6
Ghee	3 tbsp / 45 gm / 1½ oz
Onions, large, chopped	2
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Green chillies, finely chopped	3
Garlic (<i>lasan</i>) cloves, chopped	2
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Tomato, large, chopped	1
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method :

1. Heat the ghee in a wok (*kadhai*); add onions and sauté until golden brown. Add cumin seeds, green chillies, garlic, turmeric powder, and salt; sauté for 1-2 minutes.
2. Add tomato and sauté for another minute.
3. Lightly beat the eggs and add to the above mixture. Mix thoroughly and cook for 2-3 minutes.
4. Garnish with green coriander and serve immediately on toast.

Serves: 7-8

Tamata Pereeda

Eggs on tomato

Ingredients:

Eggs, separated	4
Tomatoes, ripe, skinned, finely chopped	1 kg / 2.2 lb
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Onions, medium-sized, finely sliced	2
Grind to a paste:	
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Garlic (<i>lasan</i>) cloves	8
Ginger (<i>adrak</i>), 1" piece	1
Green chillies	4
Dry red chillies (<i>sookhi lal mirch</i>)	9

Salt	1 tsp / 4 gm
Jaggery (<i>gur</i>)	4 tbsp / 80 gm / 2¾ oz

Method:

1. Heat the oil in a wok (*kadhai*); add onions and sauté till light brown. Add the ground paste and salt; sauté for a while.
2. Add the tomatoes and mix well. Add jaggery and cook on low heat till the mixture is dry. Remove and transfer the contents into an ovenproof dish.
3. Beat the egg whites till frothy. Add the yolks and beat again. Pour this over the tomato mixture and bake in a preheated oven (200°C / 400°F) till the eggs are firm to the touch.
4. Remove and serve with bread.

Serves: 6-8



Egg Masala

Ingredients:

Eggs, boiled, shelled with 2-3 gashes on each	6
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Onions, large, cut into thin, long slices	2 cups / 240 gm / 9 oz
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Garlic (<i>lasan</i>) cloves, small	12
Ginger (<i>adrak</i>), ½" piece	1
Grind to a fine paste:	
Dry red chillies (<i>sookhi lal mirch</i>), broiled, powdered	1 tsp
Coriander (<i>dhaniya</i>) seeds, broiled, powdered	2 tsp / 4 gm
Poppy seeds (<i>khus khus</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>)	¼ tsp
Black peppercorns (<i>sabut kali mirch</i>)	12
Cloves (<i>laung</i>)	3
Cinnamon (<i>dalchini</i>), 1" stick	1

Method:

1. Heat the oil in a pan; add the mustard seeds. When they start spluttering, add onions and turmeric powder. Sauté for a few minutes.
2. Add garlic, ginger, and the spice paste; sauté for a while. Pour ¼ cup water and cook till the oil separates. Add salt to taste. When the gravy thickens, add the eggs and mix gently. Remove from heat.
3. Serve hot.

Serves: 6

Thool Zamboor

Fried egg curry

Ingredients:

Eggs, hard-boiled, shelled	8
Vegetable oil for frying	
Tomato purée	1¼ cups / 250 ml / 9 fl oz
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Cloves (<i>laung</i>)	2
Black cardamom (<i>badi elaichi</i>), crushed	2
Bay leaves (<i>tej patta</i>)	2
Asafoetida (<i>hing</i>)	a pinch
Water	1 cup / 250 ml / 8 fl oz
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	2 tsp / 4 gm
Garam masala	½ tsp / 1 gm

Method:

1. Pierce the eggs with a toothpick right through, 4-5 times.
2. Heat the oil (for frying); fry the eggs to a golden brown. Remove and keep aside.
3. Heat 3 tbsp oil in a pot; add red chilli powder mixed in a little water and stir briskly for a few seconds. Add tomatoes, salt, cloves, black cardamom, bay leaves, and asafoetida. Cook till the oil separates.
4. Add water, eggs, ginger and aniseed powders. Cook on high heat till the gravy thickens. Stir frequently to ensure nothing sticks to the bottom of the pot. Sprinkle garam masala and serve hot.

Serves: 4



Phool Sandheko

Pickled eggs

Ingredients:

Eggs, hard-boiled	6
Sesame (<i>til</i>) seeds	10 tsp / 20 gm
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
<i>Timmur</i> (see p. 9), optional	¼ tsp
Yoghurt (<i>dahi</i>), thick	1 tbsp / 30 gm / 1oz
Lemon (<i>nimbu</i>) juice	1 tsp / 5 ml
Salt to taste	
Mustard oil	4 tbsp / 60 ml / 2 fl oz
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
<i>Jimmu</i> (see p. 9), optional	¼ tsp
Green chillies, slit, deseeded	3-4
Turmeric (<i>haldi</i>) powder	a pinch
Red chilli powder (optional)	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>) for garnishing	

Method:

1. Dry roast the sesame seeds, cumin seeds, and *timmur*. Do not over roast. Grind to a paste with yoghurt and lemon juice. Mix in salt and a little water; transfer to a dish.
2. Heat the oil till very hot; lower heat and add fenugreek seeds and *jimmu*. After a while add green chillies and cook for one minute. Add turmeric powder and red chilli powder and pour this immediately over the paste. Mix well.
3. Cut the hard-boiled eggs into halves. Coat each half well with the paste. Transfer the coated eggs onto a flat serving dish.
4. Garnish with green coriander and refrigerate. Serve cold.

Serves: 4-6

Pork Oolarthathu

Spicy pork cooked dry

Ingredients:

Pork with a little fat, cubed 500 gm / 1.1 lb

For the marinade:

Red chilli powder 1½ tbsp

Coriander (*dhaniya*) powder 1½ tbsp / 7 gm

Turmeric (*haldi*) powder ½ tsp / 1 gm

Black peppercorns (*sabut kali mirch*),
coarsely powdered 1 tsp / 2 gm

Ginger (*adrak*) paste ½ tsp / 3 gm

Yoghurt (*dahi*) 3 tbsp / 90 gm / 3 oz

Salt to taste

Vegetable oil 1 tsp / 5 ml

Mustard seeds (*rai*) ½ tsp / 1½ gm

Curry leaves (*kadhi patta*) a few

Button onions, chopped ½ cup / 60 gm / 2 oz

Method:

1. For the marinade, mix all the ingredients mentioned and rub into the pork. Keep aside for about 4 hours.
2. Cook the pork, covered, in a vessel on low heat without any water.
3. Heat the oil in pan; add mustard seeds and curry leaves. When the seeds start spluttering, add onions and fry till brown.
4. Add the pork and cook for another 5 minutes. Serve hot.

Serves: 4



Vindalho de Carne de Porco

Pork curry flavoured with garlic and vinegar

Ingredients:

Pork with some fat, cut into 2" cubes 1 kg / 2.2 lb

Grind to a smooth paste with 5 tbsp vinegar:

Kashmiri chillies (*sookhi lal mirch*) 15-20

Cumin (*jeera*) seeds 1 tsp / 2 gm

Black peppercorns (*sabut kali mirch*) ½ tsp

Mustard seeds (*rai*), (optional) ½ tsp / 1 gm

Cinnamon (*dalchini*), 1" stick (optional) 1

Cloves (*laung*), optional 6

Turmeric (*haldi*) powder ½ tsp / 1 gm

Ginger (*adrak*), minced 2 tsp / 2" piece

Garlic (*lasan*), minced 3 tsp / 16-18 cloves

Salt 2 tsp / 8 gm

Vegetable oil 4 tbsp / 60 ml / 2 fl oz

Onions, medium-sized, finely sliced 4

Green chillies, slit 2

Vinegar (*sirka*) 4 tbsp / 60 ml / 2 fl oz

Method:

1. Marinate the pork in the spice paste for at least 12 hours in the refrigerator.
2. Heat the oil in a pan; sauté the onions till golden. Add the marinated pork; sauté on high heat for 7 minutes. Add 2½ cups of hot water; simmer till pork is tender. Add the green chillies, vinegar, and more salt if necessary. Simmer till the gravy is thick.
3. Cook this dish at least 24 hours before serving with crusty bread or rice.

Serves: 6

Sarapatel

Diced pork and liver in a spicy curry

Ingredients:

Pork, with some fat, washed, cut into large pieces	1 kg / 2.2 lb
Pork liver, washed, cut into large pieces	250 gm / 9 oz
Vegetable oil	¾ cup / 150 ml / 5 fl oz
For the spice paste:	
Kashmiri chillies (<i>sookhi lal mirch</i>)	15-20
Black peppercorns (<i>sabut kali mirch</i>)	15
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Cinnamon (<i>dalchini</i>), 1" sticks	2
Cloves (<i>laung</i>)	7
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Garlic (<i>lasan</i>), minced	4 tsp / 24 cloves
Ginger (<i>adrak</i>), minced	3 tsp / 3" piece
Vinegar (<i>sirka</i>)	11 tbsp / 165 ml / 5½ fl oz
Onions, medium-sized, chopped	4
Salt	2½ tsp / 10 gm
Green chillies, slit (optional)	2-3

Serves: 6-8

Method:

1. Boil the pork and liver, separately, in water to cover, for 20 minutes. Keep aside to cool. Lift the pieces of meat out of the stock. Strain and reserve the stock.
2. Cut the pork and liver into small cubes. Separate the cubes into 4 portions and fry each portion in a frying pan with 1 tbsp of oil each time until lightly browned. Keep aside.
3. **For the spice paste**, grind the spices, half the quantity of garlic and ginger with 8 tbsp vinegar to a smooth paste.
4. Heat the remaining oil in a large pan; add the onions and sauté until soft and golden brown. Add the remaining garlic and ginger; sauté for 1 minute.
5. Add the spice paste and sauté for 3-5 minutes, stirring continuously.
6. Add the fried pork, liver, and salt; mix well. Add 2 cups of hot stock and bring the mixture to the boil. Lower heat and simmer covered, for 30 minutes, till the pork is tender.
7. Add the remaining vinegar, green chillies, and more stock, if necessary; simmer for 5-10 minutes. Remove from heat. Serve hot.

Note: Cook this dish at least 2 days before serving for the flavours to mature.



Bhaji Ma Bheja

Brain cooked with spinach

Ingredients:

Spinach (<i>palak</i>), remove leaves and tender stalks, washed, chopped	1 kg / 2.2 lb
Sheep's brain, soaked in water for 30 minutes, drained	3
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Onions, medium-sized, finely sliced	2
Grind to a paste:	
Garlic (<i>lasan</i>) cloves	6
Ginger (<i>adrak</i>), 2 cm piece	1
Green chillies	2
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	1½ tsp / 3 gm
Tomatoes, medium-sized, finely chopped	2
Green coriander (<i>hara dhaniya</i>), finely chopped	3 tbsp / 12 gm
Salt to taste	
Vinegar (<i>sirka</i>)	3 tsp / 15 ml

Method:

1. Carefully discard the outer skin, blood vessels, and 2 white beads at the base of each brain. Cut the brain into 3-4 pieces.
2. Heat the oil in a pan; sauté the onions till golden brown. Add the green-chilli paste, and the remaining ingredients except the last two; sauté for 2 minutes. Add the spinach and salt; cook covered for 15-20 minutes on medium heat.
3. Mix in the vinegar, stir for 1 minute. Add the brains and cook till tender. Serve hot.

Serves: 6-8



Masala Ni Kaleji

Fried liver – Parsi style

Ingredients:

Liver (<i>kaleji</i>), cleaned (membranes removed), cut into 1" pieces	1 kg / 2.2 lb
Salt to taste	
Grind to a paste:	
Ginger (<i>adrak</i>), 2" piece	1
Garlic (<i>lasan</i>) cloves	8
Dry red chillies (<i>sookhi lal mirch</i>)	6
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz

Method:

1. Marinate the liver with the ground paste and salt.
2. Heat the oil in a pan; shallow-fry the liver for 2-3 minutes. Do not over fry as the liver will get tough.
3. Serve hot.

Serves: 6-8

Kaleji Sandheko

Roasted spicy liver – Nepalese style

Ingredients:

Liver (<i>kaleji</i>) cut into 1"-thick, long strips	1 kg / 2.2 lb
Cumin (<i>jeera</i>) seeds	4 tsp / 8 gm
<i>Timmur</i> (see p. 9), optional	1 tsp / 2 gm
Dry red chillies (<i>sookhi lal mirch</i>)	2
Garlic (<i>lasan</i>) cloves with skin	45 gm / 1½ oz
Ginger (<i>adrak</i>)	2 tbsp / 48 gm / 1¾ oz
Salt to taste	
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Mustard (<i>sarson</i>) oil	½ cup / 100 ml / 3½ fl oz

Method:

1. Roast the liver on a charcoal fire or grill till the blood in the liver dries and the outer portion becomes a little charred.
2. Cut the liver into ½" x ½" squares.
3. Dry roast the cumin seeds, *timmur*, and dry red chillies and powder them.
4. Dry roast the garlic and ginger and cut into strips.
5. Mix all the ingredients with the liver and serve.

Serves: 4-6



Eralu Achaar

Pickled liver

Ingredients:

Liver (<i>kaleji</i>), cubed	300 gm / 11 oz
Salt to taste	
Red chilli powder	1 tsp / 2 gm
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Vegetable oil for tempering	
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm

Serves: 2-4

Method:

1. Boil the liver with a little salt. When fully cooked, drain and discard the water. Keep aside.
2. Marinate the liver cubes with salt, red chilli powder, and lemon juice for half an hour.
3. Heat the oil in a pan; add the mustard seeds and when it crackles stir in the marinated liver. Mix well and keep aside.
4. Tastes best after 6-8 hours.

Kaleji Khada Masala

Liver cooked with tomatoes

Ingredients:

Liver (<i>kaleji</i>), finely sliced	450 gm / 1 lb
Butter	2 tbsp / 40 gm / 1¼ oz
Ginger (<i>adrak</i>), chopped	½" piece
Garlic (<i>lasan</i>) cloves, chopped	3
Spring onions (<i>hara pyaz</i>), finely chopped	5
Capsicum (<i>Shimla mirch</i>), deseeded, finely chopped	1
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Green chillies, chopped	3
Tomatoes, chopped	2
Salt	1 tsp / 4 gm
Black pepper (<i>kali mirch</i>) powder	¼ tsp

Method:

1. Heat the butter in a wok (*kadhai*); add ginger and garlic; fry until light brown. Add the liver and fry for another 2 minutes.
2. Add spring onions (keep aside a few for garnishing), capsicum, green coriander, green chillies, and tomatoes. Mix well. Add salt and black pepper powder. Fry till the tomato juice is absorbed and the liver is tender.
3. Serve hot, garnished with the remaining spring onions.

Serves: 3-4



Khasta Kaleji

Fried masala liver

Ingredients:

Liver (<i>kaleji</i>), thinly sliced	750 gm / 26 oz
For the marinade:	
Ginger (<i>adrak</i>) paste	2½ tsp / 15 gm
Garlic (<i>lasan</i>) paste	2½ tsp / 15 gm
Red chilli powder	2½ tsp / 5 gm
Black pepper (<i>kali mirch</i>) powder	1½ tsp / 3 gm
Salt to taste	
Lemon (<i>nimbu</i>) juice	1

Ghee	½ cup / 100 gm / 3½ oz
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Method:

1. Marinate the liver with the ingredients mentioned for 1 hour.
2. In a large frying pan, heat the ghee. Add the marinated liver, a little at a time. Fry till crisp and tender. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
3. Serve hot.

Serves: 6-8

Barbecued Liver

Ingredients :

Liver (<i>kaleji</i>), cut into cubes	250 gm / 9 oz
Ginger (<i>adrak</i>) paste	1 tbsp / 18 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Onion paste	1 tsp / 6 gm
Yoghurt (<i>dahi</i>)	1 tbsp / 30 gm / 1 oz
Red chilli powder	1 tsp / 2 gm
Garam masala	½ tsp / 1 gm
Cumin (<i>jeera</i>) powder	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Carom (<i>ajwain</i>) seeds	1 tsp / 2 gm
Dry fenugreek (<i>kasoori methi</i>) powder	1 tsp / ½ gm
Salt to taste	
Vegetable oil	1 tbsp / 15 ml
Vegetable oil / Butter for basting	

Method :

1. Rub ginger, garlic, and onion pastes on the liver cubes and set aside for an hour.
2. Mix the remaining ingredients (except oil / butter for basting) with the yoghurt and evenly coat the liver cubes. Leave to marinate for at least 2 hours.
3. Preheat oven to 150°C / 300°F. Thread the cubes gently onto the skewers. Roast / grill / bake till half done (10 minutes).
4. Drain the excess marinade, baste once and roast again for 4-5 minutes till cooked through.
5. Serve at once, accompanied by salad.

Serves: 4-6



Spiced Kidneys

Ingredients :

Lamb kidneys, cleaned, cut	8 pieces
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onion, large, sliced	1
Garlic (<i>lasan</i>), crushed	1 tsp / 6 gm
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Green chillies, chopped	2
Tomatoes, blanched, chopped	2
Salt to taste	
Capsicum (<i>Shimla mirch</i>), thinly sliced	1
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm

Method :

1. Heat the oil in a pan; sauté the onion until golden. Add garlic and ginger paste. Stir-fry for 2-3 minutes.
2. Add green chillies and kidneys and stir for 4-5 minutes.
3. Add tomatoes and salt; reduce heat, cover and cook on low heat till the kidneys are tender and completely cooked.
4. Stir in capsicum and black pepper powder.
5. Garnish with green coriander and serve hot.

Serves: 4

Tsok-Tsarvan

Tangy liver curry

Ingredients:

Liver (<i>kaleji</i>), cut into 1 cm pieces	500 gm / 1.1 lb
Vegetable oil	4 tbsp / 60 gm / 2 oz
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Cloves (<i>laung</i>)	2
Red chilli powder	1 tsp / 2 gm
Water	1 cup / 250 ml / 8 fl oz
Aniseed (<i>saunf</i>) powder	2 tsp / 4 gm
Ginger powder (<i>sonth</i>)	½ tsp / 1 gm
Garam masala	½ tsp / 1 gm
Tamarind (<i>imli</i>), extract	¼ cup / 50 gm / 1¾ oz
Green chillies, slit	2

Method:

1. Heat the oil in a pan; add the liver, asafoetida, salt, and cloves. Sauté for 4-5 minutes on low heat.
2. Mix the red chilli powder in a little water and add to the liver. Stir briskly over high heat for a few seconds.
3. Add the remaining water, aniseed powder, ginger powder, and garam masala. Cook till the water is reduced to half.
4. Add the tamarind extract and green chillies. Cook till the oil surfaces. Remove from heat and serve with bread or rice.

Serves: 4-6



Tsarvan Olu

Curried liver and potatoes

Ingredients:

Liver (<i>kaleji</i>), cut into 1" cubes	500 gm / 1.1 lb
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Potatoes, peeled, cut into 1" cubes	250 gm / 9 oz
Tomatoes, finely chopped	100 gm / 3½ oz
Cloves (<i>laung</i>)	4
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Red chilli powder	1 tsp / 2 gm
Water	1 cup / 250 ml / 8 fl oz
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	2 tsp / 4 gm
Green chillies	2

Method:

1. Heat the oil in a heavy-bottomed pot; add the liver, potatoes, tomatoes, cloves, asafoetida, and salt. Cook, stirring occasionally, till the liquid dries and the oil separates.
2. Mix the red chilli powder in a little water and add to the liver. Stir for a few seconds, then add the remaining water and bring to the boil.
3. Put in the ginger powder, aniseed powder, and green chillies. Cook till the gravy thickens a little. Serve hot.

Serves: 4-6

Methi Maaz

A Kashmiri delicacy

Ingredients:

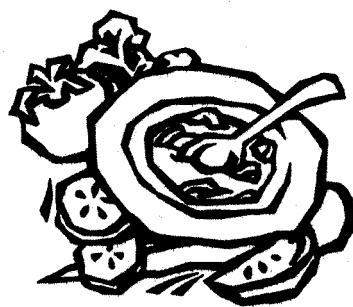
Stomachs	2
Intestines of a goat	2
Garlic (<i>lasan</i>), ground	½ cup / 100 gm / 3½ oz
Salt to taste	
Green cardamom (<i>choti elaichi</i>)	8
Black cardamom (<i>badi elaichi</i>)	6
Turmeric (<i>haldi</i>) powder	4 tsp / 8 gm
Ginger powder (<i>sonth</i>)	2 tsp / 4 gm
Cinnamon (<i>dalchini</i>), 1" sticks	4
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Kashmiri red chilli powder, dissolved in ½ cup water	1 tsp / 2 gm
Dry cockscomb (<i>mawal</i>) flowers, heated with 1 cup water, extract	½ cup / 100 ml / 3½ fl oz
Dry fenugreek leaves (<i>kasoori methi</i>)	20 tsp / 10 gm
Ghee	1 cup / 200 gm / 7 oz
Black cardamom powder	1 tsp / 2 gm
Black pepper (<i>kali mirch</i>) powder	¼ tsp

Serves: 4

Method:

1. Cut open the stomachs and intestines and wash under running water at least 5-6 times.
2. Boil the stomachs for 2-3 minutes and then drain the water. Remove the outer rough membrane with your hands until the surface is smooth.
3. Boil 20 cups of water in a deep pan; add the stomachs and intestines. Remove the scum that rises. When the water is clear, add the garlic and salt. Boil until half done. Remove from heat and keep aside to cool. Reserve the stock. When cool, chop the stomachs and intestines coarsely into small rectangular pieces and strips.
4. In a deep pan, heat 15 cups of the reserved stock. Add the chopped lamb, cardamom, turmeric and dry ginger powders, cinnamon sticks, and garlic paste. Boil for 25 minutes.
5. Mix in the red chilli water and boil for 20 minutes more. Reduce heat to low and simmer for 25 minutes or till the lamb is tender. Add a little water, if required.
6. Meanwhile, boil the dry fenugreek leaves in 1 cup of water and drain. Heat the ghee; fry the drained fenugreek leaves. To the lamb mixture, add the cockscomb flower extract, fried fenugreek leaves, black cardamom and pepper powders. Mix well.





Vegetarian

Papeta Na Sada Pattice

Deep-fried potato cakes

Ingredients:

Potatoes, boiled, mashed	6
Carrots (<i>gajar</i>), boiled, mashed	3
Green peas (<i>hara matar</i>), boiled, mashed	1 cup
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds, roasted, coarsely ground	1 tsp / 2 gm
Pickled green pepper, coarsely ground	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), freshly chopped	2 tbsp / 8 gm
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Salt to taste	
Eggs, beaten	4-6
Breadcrumbs	2 cups / 240 gm / 9 oz
Vegetable oil	2 cups / 400 ml / 14 fl oz

Method:

1. Mix all the ingredients (except eggs, breadcrumbs, and oil) together in a bowl.
2. With wet palms, divide the mixture equally into 20 portions. Shape each into a small, round, flat cake.
3. Heat the oil in a wok (*kadhai*); first dip the potato cakes in the beaten eggs, coat with breadcrumbs, and deep-fry till golden brown. Remove with a slotted spoon and drain the excess oil on absorbent paper towels. Repeat till all the cakes are fried.
4. Serve hot.

Makes: 20



Surati Patties

Potato cakes filled with dry fruits and coconut

Ingredients:

Potatoes, boiled, mashed till smooth	500 gm / 1.1 lb
Salt to taste	
Refined flour (<i>maida</i>)	2 tbsp / 20 gm
For the filling, mix well together:	
Coconut (<i>nariyal</i>), fresh, grated	1 cup / 100 gm / 3½ oz
Green coriander (<i>hara dhaniya</i>), finely chopped	2 cups / 50 gm / 1¾ oz
Green chillies, finely chopped	2
Garlic (<i>lasan</i>), chopped (optional)	2 tsp / 6 gm
Cashew nuts (<i>kaju</i>), chopped	1 tbsp / 15 gm
Raisins (<i>kishmish</i>)	1 tbsp / 10 gm
Sugar	1 tbsp / 20 gm
Salt to taste	

Vegetable oil for deep-frying

Method:

1. Add salt and flour to the potatoes. Knead into a soft dough.
2. Grease your palms, take a small amount of the potato mixture and shape into a flat, round cake.
3. Put about 2 tsp of the filling in the centre, roll into a round ball, ensuring that the filling stays in. Flatten into a small, round cake. Similarly, prepare the other cakes.
4. Heat the oil in a wok (*kadhai*); deep-fry the cakes on high heat till golden brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
5. Serve with *kothmir ni chutney* (see p. 420).

Serves: 6-8

Ragda Pattice

Potato patties garnished with vermicelli

Ingredients:

For the pattice (patties):

Potatoes, boiled, peeled, mashed 800 gm / 28 oz

Arrowroot or maize flour

(makke ka atta) ½ cup / 50 gm / 1¾ oz

Salt to taste

For the filling:

Onions, chopped ½ cup / 60 gm / 2 oz

Green coriander (*hara dhaniya*),

chopped ½ cup / 12 gm

Green chillies, finely chopped 1 tbsp

Mint (*pudina*) leaves, chopped ½ cup / 7 gm

Lemon (*nimbu*) juice 1 tbsp / 15 ml

For the ragda:

Bengal gram (*chana dal*),

soaked overnight ½ cup / 75 gm / 2½ oz

Bengal gram flour (*besan*) ½ cup / 50 gm / 1¾ oz

Ginger (*adrak*) paste 1 tsp / 6 gm

Jaggery (*gur*) 2 tsp

Tamarind (*imli*), soaked in ½ cup water 2 tsp / 6 gm

Salt to taste

Red chilli powder to taste

For the tempering:

Vegetable oil 5 tbsp / 75 ml / 2½ fl oz

Fenugreek seeds (*methi dana*) ¼ tsp

Mustard seeds (*rai*) ½ tsp / 1½ gm

Dry red chillies (*sookhi lal mirch*) 2

Curry leaves (*kadhi patta*) 1 tbsp / 4 gm

Asafoetida (*hing*) a pinch

For the garnish:

Chickpea vermicelli (*sev*) 100 gm / 3½ oz

Green coriander (*hara dhaniya*),

chopped 100 gm / 3½ oz

Onions, chopped 2

Method:

1. For the patties, mix the mashed potatoes with the arrowroot or maize flour and salt. Divide the mixture equally into balls and roll out each into 80 cm rounds.
2. For the filling, mix all the ingredients thoroughly in a bowl.
3. Place this mixture in the centre of each round, close the patties and pinch the edges to seal. Repeat till all are done.
4. Deep-fry or bake the patties till golden. If baking, sprinkle a little oil on top of the patties.
5. For the ragda, drain and blend the Bengal gram. Then mix in the rest of the ingredients.
6. For the tempering, heat the oil in a wok (*kadhai*); add all the ingredients. When they splutter, add the Bengal gram mixture and cook on low heat till the mixture becomes thick.
7. To serve, place the patties on a plate, spread the above mixture on top and then garnish with vermicelli, green coriander, and onions. Serve hot.

Serves: 4-6



Kervai

Shallow fried banana cakes

Ingredients:

Bananas, raw, long	6
Ghee	½ tsp / 2 gm
Almonds (<i>badaam</i>), sliced	½ cup / 60 gm / 2 oz
Raisins (<i>kishmish</i>)	½ cup / 50 gm / 1¾ oz
Cinnamon (<i>dalchini</i>) powder	a pinch
Vegetable oil for shallow frying	

Serves: 6

Method:

1. Boil the bananas whole, with the skin. To check if done, pierce with a knife, if it goes through remove from heat and keep aside to cool.
2. Then peel and wash. Refrigerate until required.
3. Heat the ghee in a pan; add almonds, raisins, and cinnamon powder. Sauté till golden, remove and keep aside to cool.
4. Mash a banana and shape into a round cake. Make a hollow in the centre and stuff with some dried fruit mixture. Seal the filling inside and pat into shape. Repeat till all the cakes are done.
5. Heat the oil in non-stick pan; shallow fry the cakes, on medium heat, till golden. Remove and drain the excess oil on absorbent paper towels.



Kalmi Bare

Fried mixed gram cakes

Ingredients:

Bengal gram (<i>chana dal</i>), washed, soaked for 4-5 hours, drained	2 cups / 320 gm / 11 oz
Split black gram (<i>dhuli urad dal</i>), washed, soaked for 4-5 hours, drained	½ cup / 75 gm / 2½ oz
Salt	1 tsp / 4 gm
Black peppercorns (<i>sabut kali mirch</i>), freshly ground	12
Ginger (<i>adrak</i>), grated	1 tbsp / 24 gm
Green chillies, finely chopped	2-3
Asafoetida (<i>hing</i>)	a pinch
Cumin (<i>jeera</i>) seeds	1 tbsp / 6 gm
Coriander (<i>dhaniya</i>) seeds	2 tbsp / 12 gm
Green coriander (<i>hara dhaniya</i>), finely chopped	a bunch
Ghee for frying	

Method:

1. Grind the Bengal gram and black gram separately to a coarse and grainy paste. Now mix the pastes and the remaining ingredients (except ghee).
2. With wet hands, take some paste and make a 3"-large, round cake. Repeat till all the mixture is used up.
3. Heat the ghee in a pan till hot; deep-fry the cakes, a few at a time. When small bubbles appear on the surface, turn and fry the other side till pale golden. Remove and drain the excess oil on absorbent paper towels. Keep aside to cool.
4. Then cut each cake into ¼" slices. Reheat the ghee and fry the slices till golden and crisp. Sprinkle some *chaat masala* and serve with mint chutney (see p. 428).

Serves: 6

Moong Dal Ke Chille

Green gram pancakes

Ingredients:

Split green gram (<i>dhuli moong dal</i>), soaked for 2 hours	1¼ cups / 250 gm / 9 oz
Ginger (<i>adrak</i>), finely chopped, 1" piece	1
Green chillies, finely chopped	2-3
Green coriander (<i>hara dhaniya</i>), finely chopped	4 tbsp / 16 gm
Red chilli powder	½ tsp / 1 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 1½ gm
Salt to taste	
Vegetable oil for shallow frying	

Serves: 4-5

Method:

1. Drain the green gram and grind to a smooth paste.
2. Add the remaining ingredients except the oil and whip with a ladle for 2-3 minutes to make a semi-thick batter.
3. Heat a griddle (*tawa*); spread 3 tbsp of the batter to make a thin pancake. Add a little oil around the sides. When the underside is done, turn over with the help of a spatula and cook the other side till golden brown. Remove and repeat till all the batter is used up.
4. Serve hot with *hare dhaniye ki chutney* (see p. 419).

Note: The green gram batter can be refrigerated for a few days but the pancakes should be made just before serving.



Aloo Sabu Dana Bara

Fried potato and sago cakes

Ingredients:

Potatoes, boiled, mashed	500 gm / 1.1 lb
Sago (<i>sabu dana</i>), soaked for 15 minutes, drained	½ cup / 60 gm / 2 oz
Groundnuts (<i>moongphalli</i>), coarsely pounded	3¼ tbsp / 50 gm / 1¾ oz
Salt to taste	
Ginger (<i>adrak</i>), chopped, 1" piece	1
Green chillies, chopped	2-3
Green coriander (<i>hara dhaniya</i>), chopped	2½ tbsp / 10 gm
Lemon (<i>nimbu</i>) juice	1
Vegetable oil for deep-frying	

Method:

1. Mix all the ingredients together except the oil and divide the mixture equally into lemon-sized balls.
2. Heat the oil in a wok (*kadhai*); flatten each ball lightly between the palms and fry, a few at a time, till golden. Remove with a slotted spoon and drain the excess oil on paper towels. Repeat till all the balls are fried.
3. Serve hot with *hare dhaniye ki chutney* (see p. 419).

Serves: 8

Aloo Rolls

Refined flour rolls stuffed with potatoes

Ingredients:

Potatoes, boiled, mashed	500 gm / 1.1 lb
Refined flour (<i>maida</i>)	2½ cups / 250 gm / 9 oz
Vegetable oil	2 tsp / 10 ml
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Ginger (<i>adrak</i>), finely chopped	1"
Green chillies, finely chopped	a few
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder to taste	
Salt to taste	
Vegetable oil for deep-frying	

Serves: 5-6

Method:

1. Knead the flour with enough water to make a medium-soft dough. Keep aside.
2. Heat the oil in a pan; add cumin seeds. When it starts crackling, add ginger and green chillies. Mix well. Add potatoes and the remaining spices; mix well. Remove and keep side.
3. Divide the dough equally into 10 portions. Roll each out into a round roti; roast and shallow fry each roti with oil. Repeat till all the rotis are made.
4. Spread 3 tbsp of potato stuffing on each roti and roll tightly. Serve hot.



Patrel

Colocasia leaf rolls

Ingredients:

Colocasia leaves (<i>arvi ka patta</i>), centre stems removed	30
Gram flour (<i>besan</i>)	½ cup / 50 gm / 1¾ oz
Wholewheat flour (<i>atta</i>)	½ cup / 50 gm / 1¾ oz
Rice flour	½ cup / 60 gm / 2 oz

For the filling:

Dry red / Green chillies (<i>sookhi lal / hari mirch</i>)	6
Ginger (<i>adrak</i>), 1" piece	1
Garlic (<i>lasan</i>)	1 pod
Cumin (<i>jeera</i>) seeds, roasted	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) seeds, roasted	1 tsp / 2 gm
Cloves (<i>laung</i>)	6
Cinnamon (<i>dalchini</i>), 1" stick	1
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Bananas, mashed	2
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm
Tamarind (<i>imli</i>) water	1 cup / 200 ml / 7 fl oz
Jaggery (<i>gur</i>)	2 tbsp / 40 gm
Salt to taste	

Vegetable oil	6 tbsp / 90 ml / 3 fl oz
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Method:

1. **For the filling**, grind all the ingredients together to make a thick paste, adding a little water if required.
2. Place an inverted colocasia leaf flat, spread the paste thinly over it, place another leaf on top and apply the paste again. Continue this process for 4-5 leaves if they are large or 8-10 leaves if they are small. Tuck in the sides and roll tightly, secure with a string. Similarly, make more such rolls.
3. Heat the oil in a pan; fry the rolls on all sides, then cover the pan with a lid containing some water.
4. Lower heat, stirring occasionally, and cook for 45 minutes to 1 hour. Remove and keep aside to cool.
5. This can be refrigerated for a week or so and eaten when desired.
6. To serve, cut the rolls into slices and shallow fry.
7. Serve with lemon wedges.

Serves: 6-8

Karkalo Ko Gava

Steamed colocasia leaf rounds

Ingredients:

Colocasia leaves (<i>arvi ka patta</i>), tender ones	10
Mustard (<i>sarson</i>) oil	2 tsp / 10 ml
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
<i>Jimmu</i> (see p. 9), optional	½ tsp / 3 gm
Dry red chillies (<i>sookhi lal mirch</i>), halved, deseeded	2
Salt to taste	
Lemon (<i>nimbu</i>) juice	1 tsp / 5 ml

Serves: 2-4

Method:

1. Devein the leaves and keep aside for a few hours.
2. When they become soft, roll each and twist them into a loose knot, tucking in the ends to form rounds. Keep aside.
3. Heat the oil in a deep pan; add all fenugreek seeds, *jimmu*, and dry red chillies, sauté.
4. Lower heat; add 1 cup water and bring to the boil.
5. Add salt and the colocasia leaf rounds.
6. Cook covered till the water gets absorbed. Squeeze lemon juice over the rounds and serve.



Lavingya Paatra

Colocasia leaves rolled in gram flour paste

Ingredients:

Colocasia leaves (<i>arvi ka patta</i>), cut into 4 pieces	10
For the paste, mix together till smooth:	
Gram flour (<i>besan</i>)	1½ cups / 150 gm / 5 oz
Wholewheat flour (<i>atta</i>)	1 cup / 100 gm / 3½ oz
Yoghurt (<i>dahi</i>), fresh	1 cup / 200 gm / 7 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Sugar	5 tsp / 15 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm
Green chilli-ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Soybean oil	4 tbsp / 60 ml / 2 fl oz
For the tempering:	
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Sesame seeds (<i>til</i>)	2 tsp / 4 gm
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Asafoetida (<i>hing</i>)	a pinch
Coconut (<i>nariyal</i>), grated	3 tbsp / 12 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Spread some of the prepared paste over one piece of a colocasia leaf and roll into a tight cylinder. Secure with a string. Similarly, prepare the others.
2. Steam the rolls for 5 minutes. Remove and cut each roll into slices.
3. **For the tempering**, heat the oil; add all the ingredients and sauté. Add the slices and stir till well mixed.
4. Serve garnished with coconut and green coriander.

Serves: 4-5

Baida Kebab

Skewered egg and potato rolls

Ingredients:

Eggs, hard-boiled, grated	10
Potatoes, boiled, mashed	200 gm / 7 oz
Garam masala	1 tsp / 2 gm
Chaat masala	1 tsp / 2 gm
Breadcrumbs	½ cup / 60 gm / 2 oz
Salt	1½ tsp / 6 gm
Red chilli powder	1 tsp / 2 gm
Ginger (<i>adrak</i>), chopped	2 tsp / 12 gm
Green chillies, chopped	1 tsp
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Egg	1
Butter for basting	2 tbsp / 40 gm

Method:

1. Mix together the eggs, potatoes, garam masala, chaat masala, breadcrumbs, salt, red chilli powder, ginger, green chillies, green coriander, and raw egg.
2. Divide this mixture into 5 equal portions
3. Wrap each portion along the length of the skewers with wet hands leaving a 2 cm gap between each. Roast for 5-10 minutes.
4. Remove and baste with butter. Roast further for 3-5 minutes or until cooked.
5. Remove from skewers and serve hot with mint chutney (see p. 428).

Serves: 4



Paneer Seekh Kebab

Skewered cottage cheese kebab

Ingredients:

Cottage cheese (<i>paneer</i>), grated	1 kg / 2.2 lb
Green chillies, chopped	30 gm / 1 oz
Onions, grated	2
Ginger (<i>adrak</i>), coarsely ground	1 tbsp / 18 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm
Black pepper (<i>kali mirch</i>)	2 tsp / 4 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Cornflour	2 tbsp / 20 gm
Butter for basting	

Method:

1. Mix all the ingredients, adding the cornflour in the end. Knead well.
2. With wet hands wrap the cottage cheese mixture around the skewers to form 4-5"-long kebabs. Each kebab should be 2" apart.
3. Roast in a preheated (150°C / 300°F) oven / tandoor / charcoal grill for 5-6 minutes, basting occasionally with melted butter.
4. Serve hot with salad and mint chutney (see p. 428).

Serves: 4-5

Kastoori Paneer Tikka

Cottage cheese cubes flavoured with fenugreek

Ingredients:

Cottage cheese (<i>paneer</i>)	1 kg / 2.2 lb
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Garam masala	2 tsp / 4 gm
Lemon (<i>nimbu</i>) juice	5 tsp / 25 ml
Salt to taste	
Cottage cheese, grated	50 gm / 1¾ oz
Cream	½ cup / 100 ml / 3½ fl oz
Yoghurt (<i>dahi</i>), hung	¾ cup / 150 gm / 5 oz
Gram flour (<i>besan</i>) / Cornflour	2 tbsp / 20 gm
Dry fenugreek leaves (<i>kasoori methi</i>)	4 tsp / 2 gm
Chaat masala (optional)	2 tsp / 4 gm
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Red chilli powder	2 tsp / 4 gm
Butter to baste	

Method:

1. Wash and cut the cottage cheese into 4 cm cubes.
2. Mix black cumin seeds, white pepper, garam masala, 4 tsp lemon juice, and salt together. Mix in grated cottage cheese and refrigerate for 1 hour.
3. Whisk the remaining ingredients (except butter) to a fine batter. Add the cottage cheese cubes, mix well and marinate for at least 1 hour.
4. Preheat the oven to 150°C / 300°F. Thread the cubes 2 cm apart on a skewer. Roast in an oven / tandoor / charcoal grill for 5-6 minutes. Baste with butter.
5. Serve hot sprinkled with *chaat* masala and remaining lemon juice, accompanied with mint chutney (see p. 428).

Serves: 4-5



Dum Saunfia Tikka

Cottage cheese layered with fennel

Ingredients:

Cottage cheese (<i>paneer</i>)	900 gm / 30 oz
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Cream	¼ cup / 50 ml / 1¾ fl oz
Red chilli powder	1 tsp / 2 gm
Yellow chilli powder	1 tbsp
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Carom (<i>ajwain</i>) seeds	1 tsp / 2 gm
Salt to taste	
Raisins (<i>kishmish</i>)	3 tbsp / 30 gm / 1 oz
Fennel (<i>moti saunf</i>), powdered	2 tsp / 4 gm
Sugar	2 tsp / 6 gm
Mint chutney (see p. 428)	½ cup / 100 gm / 3½ oz

Method:

1. Hang the yoghurt in a muslin cloth for 2 hours, till the whey is drained. Add cream, red chilli powder, yellow chilli powder, white pepper powder, carom seeds, and salt; mix well.
2. Add raisins, fennel powder, and sugar to the mint chutney.
3. Cut cottage cheese into 1½" cubes. Slit the cubes and spread with mint chutney mixture.
4. Press the halves together again.
5. Marinade the cheese cubes in the yoghurt-cream-spice mixture for 15 minutes.
6. Put on skewers and cook in a preheated oven at 140°C / 275°F for 5 minutes. Serve hot as a snack.

Serves: 4

Tandoori Paneer Salad

Tandoori cottage cheese and vegetable salad

Ingredients:

Cottage cheese (<i>paneer</i>)	1 kg / 2.2 lb
Capsicum (<i>Shimla mirch</i>)	30 gm / 1 oz
Tomato	30 gm / 1 oz
Onion	30 gm / 1 oz
Pineapple (<i>ananas</i>)	30 gm / 1 oz
Black cumin (<i>shahi jeera</i>) seeds	½ tsp
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Garam masala	2 tsp / 4 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Salt to taste	
Cream	½ cup / 100 ml / 3½ fl oz
Yoghurt (<i>dahi</i>), drained	¾ cup / 150 gm / 5 oz
Gram flour (<i>besan</i>) / Cornflour	2 tbsp / 20 gm
Red chilli powder	2 tsp / 4 gm
Saffron (<i>kesar</i>)	½ tsp
Ginger (<i>adrak</i>) paste	1 tbsp / 18 gm
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Butter for basting	
<i>Chaat masala</i> (optional)	2 tsp / 4 gm

Serves: 4-5

Method:

1. Wash and cut the cottage cheese, vegetables, and pineapple into 4 cm cubes.
2. Mix black cumin seeds, white pepper, garam masala, turmeric powder, two-thirds of the lemon juice, and salt together. Add cottage cheese cubes to this mixture and refrigerate for 1 hour.
3. Mix together cream, yoghurt, and gram flour / cornflour. Add remaining ingredients (except butter and *chaat masala*) and whisk to a fine batter.
4. Add the refrigerated cottage cheese cubes, pineapple and vegetables cubes to the batter and leave to marinate for at least another 1 hour.
5. Preheat oven to 150-180°C / 300-350°F.
6. Skewer 6 cottage cheese cubes and 4 vegetable-pineapple pieces per skewer (one portion) and pack tightly together.
7. Roast in an oven / tandoor / charcoal grill for 5-6 minutes, basting regularly with melted butter.
8. Sprinkle *chaat masala* and the remaining lemon juice. Serve hot, garnished with slices of cucumber, tomato, and onion.



Tandoori Aloo

Potatoes stuffed with lightly spiced dry fruits

Ingredients:

Potatoes, large	8 / 1 kg / 2.2 lb
Vegetable oil for frying	
Salt to taste	
Red chilli powder	1 tsp / 2 gm
Garam masala	a pinch
Lemon (<i>nimbu</i>) juice	1 tsp / 5 ml
Cashew nuts (<i>kaju</i>), broken	5-10
Raisins (<i>kishmish</i>)	1 tbsp / 10 gm
Ghee	2 tsp / 10 gm
Cheese, grated	20 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
<i>Chaat masala</i>	½ tsp / 1 gm

Method:

1. Peel the potatoes. Scoop out the centre leaving thin walls at the sides.
2. Fry the potato shells and the scoops separately. Do not let them change colour but let the sides become crisp.
3. Cool the scooped out portion of the potatoes and mash. Add salt, red chilli powder, garam masala, lemon juice, cashew nuts, raisins, and ghee.
4. Stuff the mixture into the potato cases.
5. Arrange 4 pieces on one skewer and sprinkle grated cheese on top. Grill till golden brown in colour.
6. Sprinkle with green coriander and *chaat masala*, serve hot.

Serves: 4

Tandoori Phool

Batter fried cauliflower roasted in tandoor

Ingredients :

Cauliflower (<i>phool gobhi</i>), break into florets, washed, dried	2 small flowers (800 gm / 28 oz)
Salt to taste	
Chaat masala	4 tsp / 8 gm
Juice of lemons (<i>nimbu</i>)	2
Gram flour (<i>besan</i>)	4 tbsp / 40 gm
Red chilli powder	2 tsp / 4 gm
Vegetable oil for frying and basting	
Cucumber (<i>khira</i>), sliced	1
Tomatoes, cut into wedges	2

Serves: 4

Method :

1. Marinate the florets in a mixture of salt, *chaat* masala, and lemon juice for 30 minutes.
2. Mix gram flour with $\frac{1}{2}$ cup water into a smooth batter. Season with salt and red chilli powder.
3. Heat the oil in a frying pan; dip the florets in the batter and lower gently into the hot oil; fry on low heat. Remove. Once the florets are cool, cut into pieces.
4. Put on skewers and roast in a tandoor for 5-6 minutes till golden brown or roast in a preheated oven at 140°C / 275°F for 10 minutes. Baste with oil while roasting. Remove from skewers and serve with cucumber and tomato wedges.



Paneer Pudina Tikka

Grilled cottage cheese flavoured with mint

Ingredients :

Cottage cheese (<i>paneer</i>), 1" cubes	800 gm / 28 oz
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Juice of lemons (<i>nimbu</i>)	10
Garam masala	2 tsp / 4 gm
For the filling:	
Mint (<i>pudina</i>) leaves, chopped	5 tbsp / 20 gm
Green coriander (<i>hara dhaniya</i>), chopped	5 tbsp / 20 gm
Green chillies, chopped	5
Yoghurt (<i>dahi</i>)	1¼ cups / 250 gm / 9 oz
Ginger (<i>adrak</i>), chopped	1 tbsp / 25 gm
Ginger-garlic (<i>adrak-lasan</i>) paste	4 tbsp / 72 gm / 2½ oz
Yellow chilli powder	5 tsp / 10 gm
Carom (<i>ajwain</i>) seeds	2 tsp / 3 gm
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Ghee	4 tbsp / 60 gm / 2 oz

Method :

1. To the cottage cheese, add red chilli powder, turmeric powder, salt, lemon juice, and half the garam masala powder; mix well.
2. **For the filling**, mix all the ingredients in a bowl thoroughly.
3. Slit the cottage cheese from the centre and spread this filling carefully.
4. In a bowl, combine the yoghurt, ginger, ginger-garlic paste, yellow chilli powder, carom seeds, and white pepper powder; mix well. Coat the cottage cheese cubes evenly with this mixture.
5. Skewer the cottage cheese and grill until golden brown.
6. Sprinkle the remaining garam masala before serving.

Serves: 4-6

Hara Kebab

Cottage cheese and spinach kebabs

Ingredients:

Cottage cheese (<i>paneer</i>), grated	450 gm / 1 lb
Spinach (<i>palak</i>), boiled, blended	900 gm / 2 lb
Green cardamom (<i>choti elaichi</i>) powder	2 tsp / 4 gm
Cashew nuts (<i>kaju</i>)	½ cup / 60 gm / 2 oz
Green coriander (<i>hara dhaniya</i>), chopped	4 tsp / 20 gm
Garam masala	4 tsp / 8 gm
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Gram flour (<i>besan</i>), roasted	2 tbsp / 20 gm
Green chillies, chopped	15
Mace (<i>javitri</i>) powder	2 tsp / 4 gm
Salt to taste	
Vegetable oil for deep-frying	
Onion, medium-sized, cut into rings	1

Method:

1. Mix all the ingredients (except oil and onion) together. Divide the mixture into lemon-sized balls and shape each into 1½"-round patties.
2. Heat the oil in a frying pan; deep-fry the patties till golden brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
3. Serve garnished with onion rings as a snack or as an accompaniment with a rice and curry dish.

Serves: 4



Dahi Ke Kebab

Succulent kebabs made with yoghurt

Ingredients:

Yoghurt (<i>dahi</i>), hung	2 cups / 400 gm / 14 oz
Roasted gram (<i>chana</i>), powdered	½ cup / 50 gm / 1¾ oz
Salt to taste	
Red chilli powder	2 tsp / 4 gm
Clove (<i>laung</i>) powder	1 tsp / 2 gm
Green cardamom (<i>choti elaichi</i>) powder	½ tsp / 1 gm
Cinnamon (<i>dalchini</i>) powder	a large pinch
Black pepper (<i>kali mirch</i>) powder	½ tsp / 1 gm
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Onions, sliced, fried, ground	¼ cup / 30 gm / 1 oz
Milk	3 tbsp / 45 ml / 1½ oz

Method:

1. Add the roasted gram, salt and half of all the spices to the hung yoghurt and mix well.
2. Divide the mixture into 20 equal portions. Flatten each portion to get a smooth, even shape.
3. Heat the oil in a pan; fry the kebabs, a few at a time, to a light golden colour. Keep aside.
4. In the same oil, add salt, garlic paste, ground onions, and the remaining half of the spices. Stir-fry for a few minutes. Add the kebabs and turn gently till each piece is coated with the mixture.
5. Pour milk over the kebabs and let the mixture sizzle for 10 seconds. Serve hot.

Serves: 4

Masoor Dal Ke Kebab

Lentil kebabs

Ingredients:

Lentil (<i>masoor dal</i>), washed	1½ cups / 150 gm / 5 oz
Water as required	
Green chillies, deseeded, chopped	2-3
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Ginger (<i>adrak</i>), finely chopped	2 tsp / 12 gm
Salt to taste	
Red chilli powder	a pinch
<i>Chaat</i> masala	½ tsp / 1 gm
Breadcrumbs	3⅔ tbsp / 50 gm / 1¾ oz
Cornflour	1 tsp / 2 gm
Garam masala	a pinch
Vegetable oil for frying	

Method:

1. Boil the lentil in water till soft. Drain the excess water and mash the lentil with a wooden spoon.
2. To the mashed lentil, add green chillies, green coriander, ginger, salt, red chilli powder, *chaat* masala, breadcrumbs, cornflour, and garam masala. Mix well. Divide and shape the mixture equally into 16 medallions.
3. Heat the oil in a wok (*kadhai*); deep-fry the medallions until light brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
4. Serve hot.

Serves: 4



Nadru Shammi Kebab

Exotic lotus stem kebabs

Ingredients:

Lotus stems (<i>kamal kakri</i>), washed, chopped	900 gm / 2 lb
Bengal gram (<i>chana dal</i>), split and husked	1 cup / 150 gm / 5 oz
<i>Chaat</i> masala	2 tsp / 4 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Garam masala	4 tsp / 8 gm
Green chillies, chopped	60 gm / 2 oz
Onions, chopped	80 gm / 2¾ oz
Red chilli powder	2 tsp / 4 gm
Roasted gram (<i>chana</i>), powdered	3 tbsp / 30 gm / 1 oz
Salt to taste	
Vegetable oil for frying	

Method:

1. Boil the lotus stems in a pan with Bengal gram. Cook till tender and dry.
2. Grind the mixture to a thick paste without using any water.
3. Add the remaining ingredients except oil to the paste. Knead for 5 minutes. Divide the mixture equally into lemon-sized balls. Shape each ball into small cutlets and deep-fry in hot oil.
4. Serve hot with mint chutney (see p. 428).

Serves: 4

Chane Ke Kebab

Succulent kebabs cooked in yoghurt

Ingredients:

Bengal gram (<i>chana dal</i>)	2 cups / 300 gm / 11½ oz
Salt to taste	
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Cumin (<i>jeera</i>) powder	½ tsp / ¾ gm
Green chilli paste	3 tbsp / 45 gm / 1½ oz
Onion paste	4 tbsp / 100 gm / 3½ oz
Garlic (<i>lasan</i>) paste	5 tsp / 30 gm / 1 oz
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Vegetable oil	2 tbsp / 30 ml / 1 oz
Water	2 cups / 500 ml / 16 fl oz
Roasted gram (<i>chana</i>), powdered	5 tsp / 25 gm
Garam masala	a large pinch
Sugar, powdered	½ tsp / 1½ gm
Vegetable oil for deep-frying	

Method:

1. Mix the Bengal gram with all the ingredients except roasted gram, garam masala, sugar, and oil. Boil till tender and dry.
2. Grind the mixture to a thick paste without using any water. Mix in the remaining ingredients and knead till the dough is soft and smooth.
3. Divide the dough into lemon-sized portions. Shape each portion into round patties.
4. Heat the oil in a wok (*kadhai*); deep-fry the patties on low heat till golden brown.
5. Serve hot with mint chutney (see p. 428).

Serves: 4



Shalgam Ke Kebab

Melt-in-the-mouth turnip kebabs

Ingredients:

Turnips (<i>shalgam</i>), quartered	1¼ kg / 2.2 lb 9 oz
Onions, finely sliced	¼ cup / 30 gm / 1 oz
Salt to taste	
Red chilli powder	½ tsp / 1 gm
Garam masala	½ tsp / 1 gm
Roasted gram (<i>chana</i>), powdered	2 tbsp / 20 gm
Vegetable oil for shallow-frying	

Serves: 4

Method:

1. Fry the onions in 1 tbsp oil till golden brown and crisp. Remove and grind coarsely.
2. Boil the turnips in water. When tender, take a few pieces of turnip at a time, wrap them in a muslin cloth and squeeze out as much liquid as possible.
3. Mash the turnips. Add salt, red chilli powder, garam masala, roasted gram powder, and ground onions. Mix and knead well.
4. Divide the mixture into 8 portions. Flatten and shape each into patties with wet palms.
5. Heat the oil on a griddle (*tawa*); shallow fry the patties till golden brown.
6. Serve hot with *subz biryani* (see p. 387).

Til Paneer Ke Kebab

Cottage cheese kebabs coated with sesame seeds

Ingredients:

Cottage cheese (<i>paneer</i>), finely grated	500 gm / 1.1 lb
Green cardamom (<i>choti elaichi</i>) powder	½ tsp / 1 gm
Garam masala	2 tsp / 4 gm
Green chillies, chopped	2
Green coriander (<i>hara dhaniya</i>), chopped	2 tsp / 4 gm
Mace (<i>javitri</i>) powder	½ tsp / 1 gm
Onions, finely chopped	½ cup / 60 gm / 2 oz
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Yellow or red chilli powder	1½ tsp / 3 gm
Yoghurt (<i>dahi</i>), drained	2 cups / 400 gm / 14 oz
Salt to taste	
Gram flour (<i>besan</i>) / Cornflour	¼ cup / 25 gm
Sesame (<i>til</i>) seeds	½ cup / 60 gm / 2 oz
Egg white (optional)	1
Vegetable oil	½ cup / 100 ml / 3½ fl oz

Method:

1. Mix all the ingredients till gram flour / cornflour with a wooden spoon for 2 minutes.
2. Divide this mixture equally into 20 balls. Compress each ball slightly to get a 4 cm round patty. Refrigerate the patties for 20 minutes.
3. Sprinkle some sesame seeds over the patties and shallow fry on a griddle until crisp and golden. Alternatively, you could lightly coat each patty with beaten egg white, before sprinkling sesame seeds and frying. Serve hot.

Serves: 6



Jimikand Ke Kebab

Yam kebabs

Ingredients:

Yam (<i>jimikand</i>), peeled, washed	1½ kg / 3.3 lb
Green chillies, finely chopped	3-4 gm
Ginger (<i>adrak</i>), finely chopped	¾ tsp
Salt	1½ tsp / 5 gm
White pepper (<i>safed mirch</i>) powder	¾ tsp / 1½ gm
Red chilli powder	¾ tsp / 1½ gm
Chaat masala	¾ tsp / 1½ gm
Green coriander (<i>hara dhaniya</i>), finely chopped	¾ tsp / 1 gm
Breadcrumbs	½ cup / 60 gm / 2 oz
Vegetable oil	¾ cup / 150 ml / 5 fl oz

Method:

1. Boil the yam until tender. Drain and when cool enough to handle, grate finely. Squeeze out the excess water.
2. Mix in the other ingredients except oil. Divide the mixture into 8 equal portions. Shape the portions into medallions.
3. Heat the oil in a wok (*kadhai*); deep-fry the medallions, on medium heat, till crisp and golden brown on both sides. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
4. Serve hot.

Serves: 4

Paneer Sabu Dana Ke Kebab

Cottage cheese and sago kebabs

Ingredients:

Soft cottage cheese (<i>chenna</i> , see p. 10)	
mashed	500 gm / 1.1 lb
Sago (<i>sabu dana</i>)	100 gm / 3½ oz
Spring onions, minced	100 gm / 3½ oz
Green chillies, chopped	2-3
Cashew nuts (<i>kaju</i>), broken	3 tbsp / 45 gm / 1½ oz
Raisins (<i>kishmish</i>)	6 tbsp / 60 gm / 2 oz
Cumin (<i>jeera</i>) seeds, roasted	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Garam masala	1 tsp / 2 gm
Cornflour	3 tbsp / 30 gm / 1 oz
Salt to taste	
Vegetable oil for frying	

Method:

1. Cook the soft cottage cheese until it is absolutely dry. When cool, mash again.
2. Boil the sago till soft. Drain and blend to a coarse paste.
3. Mix together all the ingredients and knead. Keep aside for 30 minutes.
4. Divide the mixture into lemon-sized portions and shape into flat, round cutlets. Heat the oil in a wok (*kadhai*); fry the cutlets, a few at a time, until golden brown. Remove, drain the excess oil and serve hot.

Serves: 4



Subzi Ke Seekh

Vegetable seekh kebabs

Ingredients:

Potatoes, boiled	4
Yam (<i>jimikand</i>), boiled	500 gm / 1.1 lb
Cauliflower (<i>phool gobhi</i>), cut into florets, boiled	100 gm / 3½ oz
French beans, finely chopped, boiled	100 gm / 3½ oz
Carrots (<i>gajar</i>), finely chopped, boiled	100 gm / 3½ oz
Cottage cheese (<i>paneer</i>), mashed	125 gm / 4 oz
Cashew nuts (<i>kaju</i>), ground	½ cup / 60 gm / 2 oz
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Onions, minced	½ cup / 150 gm / 5 oz
Green chillies, minced	2 tsp / 10 gm
Green coriander (<i>hara dhaniya</i>), minced	1 cup / 25 gm
Cumin (<i>jeera</i>) seeds, roasted	1 tsp / 2 gm
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Vegetable oil for basting	

Method:

1. Mash the boiled vegetables together to a fine paste. Add the remaining ingredients (except oil) and knead to a stiff dough. Keep aside for 30 minutes.
2. Spread the mixture along the length of the skewers. Bake in a preheated oven (150-180°C or 300-350°F) for 10 minutes. Remove, baste with oil and bake further for 5 minutes.
3. Remove from the skewers and serve hot.

Serves: 4

Nadur Monji

Batter coated lotus stem fingers

Ingredients:

Lotus stems (<i>kamal kakri</i>)	500 gm / 1.1 lb
Refined flour (<i>maida</i>)	½ cup / 50 gm / 1¾ oz
Soda bicarbonate	a pinch
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Water	½ cup / 125 ml / 4 fl oz
Red colour (optional)	3-4 drops
Vegetable oil for frying	1 cup / 200 ml / 7 fl oz

Serves: 6-8

Method:

1. Scrape the lotus stems and cut off the ends. Wash thoroughly under running water, ensuring that no mud remains in the stems.
2. Cut the stems into 3" pieces and then slice each piece into 4-6 fingers. Wash well again.
3. In a big bowl, mix flour, soda bicarbonate, red chilli powder, salt, and enough water to make a batter of dropping consistency. Mix in the red colour.
4. Heat the oil in a deep pan; dip lotus stems into the batter and then deep-fry until golden in colour.
5. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Serve hot as a snack or as an accompaniment.



Nadur Monjivor

Lotus stems cutlets

Ingredients:

Lotus stems (<i>kamal kakri</i>)	1 / 250 gm / 9 oz
Arrowroot (<i>ararohi</i>)	2 tbsp / 30 gm / 1 oz
Salt to taste	
Ginger (<i>adrak</i>), grated	2 tbsp / 36 gm / 1¼ oz
Red chilli powder (optional)	½ tsp / 1 gm
Vegetable oil for frying	½ cup / 100 ml / 3½ fl oz

Serves: 4-6

Method:

1. Scrape the lotus stems and cut the ends. Wash thoroughly under running water, ensuring that no mud remains in the stems.
2. Grate the lotus stems; mix with arrowroot, salt, ginger, and red chilli powder.
3. Divide the mixture into six equal portions and shape each into flat round cutlets.
4. Heat the oil in a shallow pan; deep-fry the cutlets, a few at a time, till they are golden brown on both sides. Serve hot.

Bhajiya

Red gram patties

Ingredients:

Red gram (<i>arhar dal</i>), washed, soaked for 2 hours	1 cup / 150 gm / 5 oz
Onions, medium-sized, chopped	2
Green coriander (<i>hara dhaniya</i>), chopped	3 tbsp / 12 gm
Curry leaves (<i>kadhi patta</i>)	20
Green chillies, chopped	3
Garlic (<i>lasan</i>) cloves, crushed	5
Salt to taste	
Vegetable oil for frying	

Method:

1. Drain the red gram and grind coarsely. Add all the ingredients (except oil) and a little water to make a stiff batter.
2. Divide the batter into equal portions and shape each into patties.
3. Heat the oil in a wok (*kadhai*); add a few patties, at a time, and deep-fry till golden brown. Remove with a slotted spoon, and drain on absorbent kitchen towels.
4. Serve hot with coconut chutney (see p. 418).

Serves: 4-6 (makes: 15-20)



Pakora

Vegetable fritters

Ingredients:

Potato, large, peeled, sliced	1
Aubergine (<i>baingan</i>), small, sliced	1
Onion, large, sliced	1
For the batter:	
Gram flour (<i>besan</i>)	2 cups / 200 gm / 7 oz
Salt	1 tsp / 4 gm
Red chilli powder	1 tsp / 2 gm
Baking powder	½ tsp / 3 gm

Vegetable oil for frying

Method:

1. In a bowl, combine all the ingredients for the batter. Mix well, adding a little water to make a very thick batter.
2. Heat the oil in a wok (*kadhai*); dip the sliced vegetables into the batter, one at a time, and deep-fry until crisp and golden brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
3. Serve hot with tomato sauce.

Serves: 2-4

Suji Pakora

Semolina fritters

Ingredients:

Semolina (<i>suji</i>), sieved	1½ cups / 150 gm / 5 oz
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Water	½ cup / 125 ml / 4 fl oz
Onions, small, chopped	2
Green chillies, finely chopped	2
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Salt to taste	
Asafoetida (<i>hing</i>)	a pinch
Vegetable oil for frying	

Method:

1. Mix semolina, yoghurt, and water together. Keep aside for 20-30 minutes.
2. Add onions, green chillies, green coriander, salt, asafoetida, and a little oil. Mix well.
3. Heat the oil in a wok (*kadhai*); add spoonfuls of the batter, a few at a time, and deep-fry until crisp and brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Repeat till all the batter is used up. Serve hot.

Serves: 4



Paneer Pakora

Cottage cheese croquettes

Ingredients:

Cottage cheese (<i>paneer</i>), grated	500 gm / 1.1 lb
Green chillies, chopped	4
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Red chilli powder	1 tsp / 2 gm
Carom (<i>ajwain</i>) seeds	½ tsp / 1 gm
Egg (optional)	1
Garam masala	1 tsp / 2 gm
Gram flour (<i>besan</i>)	¾ cup / 75 gm / 2½ oz
Vegetable oil for frying	

Method:

1. Mix all the ingredients (except gram flour and oil) in a bowl. Now, add the gram flour and mix for 2 minutes into a smooth paste.
2. Heat the oil in a wok (*kadhai*); shape the mixture into balls and slide them in carefully. Fry till the cottage cheese balls are golden brown and crisp. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
3. Serve hot with mint chutney (see p. 428).

Serves: 4

Bhutte Ke Pakore

Corn croquettes

Ingredients:

Corn (<i>bhutta</i>), grated	200 gm / 7 oz
Bread, slices	2
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Green chilli paste	1 tsp / 5 gm
White pepper (<i>safed mirch</i>) powder	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Salt to taste	
Vegetable oil for frying	
For the mint chutney:	
Mint (<i>pudina</i>) leaves	1 bunch
Green chillies	2
Onion, small	1
Lemon (<i>nimbu</i>) juice	½ tsp / 3 ml
Salt to taste	
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm

Method:

1. Mix all the ingredients (except oil and ingredients for the mint chutney) together.
2. Divide the mixture equally into lemon-sized balls. Flatten each piece into desired shape.
3. Heat the oil in a pan till smoking; shallow fry the croquettes till golden brown. Remove and drain the excess oil on absorbent kitchen towels.
4. **For the mint chutney**, mix and blend all the ingredients to a fine paste.
5. Serve the croquettes hot with this chutney.

Serves: 2-3



Guchhi Ke Cutlet

Morel mushroom cutlets

Ingredients:

Morel mushrooms (<i>guchhi</i>), chopped	150 gm / 5 oz
Potatoes, boiled, peeled	3
Green peas (<i>hara matar</i>), boiled	50 gm / 1¾ oz
Onions, medium-sized, finely chopped	3
Green chillies, finely chopped	3
Ginger (<i>adrak</i>), finely chopped	1 tsp / 6 gm
Coconut (<i>nariyal</i>), grated	1 tbsp / 4 gm
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Breadcrumbs	2 tbsp / 30 gm / 1 oz
Gram flour (<i>besan</i>)	1 cup / 100 gm / 3½ oz
Salt	a pinch

Method:

1. Mix the first eleven ingredients together in a bowl, adding the breadcrumbs last.
2. In a large bowl, make a thick, smooth batter with gram flour, salt and a little water.
3. Divide and shape the mushroom mixture into flat, round lemon-sized cutlets.
4. Heat the oil in a frying pan till smoking; dip each cutlet in the gram flour batter and fry till evenly crisp and golden brown. Remove and drain on absorbent kitchen towels.
5. Serve hot with mint chutney (see p. 428).

Serves: 4

Paneer Rolls

Grilled cottage cheese rolls

Ingredients:

Cottage cheese (*paneer*), sliced into
15 x 6 x 0.5 cm pieces 500 gm / 1.1 lb

For the filling:

Vegetable oil 5 tbsp / 75 ml / 2½ fl oz

Mushrooms (*guchhi*), chopped 150 gm / 5 oz

Capsicum (*Shimla mirch*),
medium-sized, chopped 3-4

Onions, chopped ¾ cup / 90 gm / 3 oz

Coconut (*nariyal*) powder ½ cup / 50 gm / 1¾ oz

Cottage cheese, grated 150 gm / 5 oz

Black cumin (*shahi jeera*) seeds 1 tsp / 2 gm

Cayenne pepper 2 tsp / 4 gm

Dry fenugreek leaves (*kasoori methi*) 1 tsp / ½ gm

Lemon (*nimbu*) juice 2 tsp / 10 ml

Salt to taste

Potatoes, boiled, grated 100 gm / 3½ oz

Raisins (*kishmish*) ½ cup / 50 gm / 1¾ oz

Turmeric (*haldi*) powder 1 tsp / 2 gm

White pepper (*safed mirch*) powder 4 tsp / 8 gm

For the batter:

Cornflour ½ cup / 50 gm / 1¾ oz

Cream ½ cup / 100 ml / 3½ fl oz

Gram flour (*besan*) ¼ cup / 50 gm / 1¾ oz

Green coriander (*hara dhaniya*),
chopped 4 tsp / 8 gm

Saffron (*kesar*) a few strands

Water 4 tsp / 20 ml

For the garnish:

Chaat masala a pinch

Carrot (*gajar*), medium-sized, grated 1

Lemon, cut into wedges 1

Method:

1. **For the filling**, heat the oil in a wok (*kadhai*); sauté mushrooms, capsicum, onions, and coconut powder. Add the cottage cheese and the remaining ingredients for the filling. Stir-fry for a few seconds and then remove from heat.
2. **For the batter**, mix all the ingredients adding just enough water to make a thick paste. Spread the paste on one side of each cottage cheese slice, turn over, spread 3 tsp of the filling and shape into a roll. Similarly, prepare the other rolls.
3. Bake the rolls in a preheated oven at 150-180°C / 300-350°F for 10-12 minutes on low heat.
4. Sprinkle some *chaat* masala over the rolls. Garnish with carrot and lemon wedges.

Serves: 4



Olu Manjivor

Potato cutlets

Ingredients:

Potatoes, peeled, washed, grated	250 gm / 9 oz
Arrowroot (<i>araroh</i>)	2 tbsp / 30 gm / 1 oz
Salt to taste	
Ginger (<i>adrak</i>), grated	2 tbsp / 36 gm / 1¼ oz
Red chilli powder (optional)	½ tsp / 1 gm
Vegetable oil	½ cup / 100 ml / 3½ fl oz

Serves: 4-6

Method:

1. In a bowl, mix together potatoes, arrowroot, salt, ginger, and red chilli powder.
2. Divide the mixture into six equal portions. Roll and shape each portion into flat rounds (like cutlets).
3. Heat the oil in a shallow pan. Carefully fry the cutlets a few at a time, until golden brown on both sides.
4. Serve hot.



Aloo Tikki

Potato patties with green gram stuffing

Ingredients:

Potatoes, large, washed, boiled, peeled, mashed	1 kg / 2.2 lb
Vegetable oil	2 tbsp / 30 ml / 1 oz
Green gram (<i>moong dal</i>), soaked for 30 minutes, drained	1 cup / 200 gm / 7 oz
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Red chilli powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds, lightly roasted, powdered	3 tsp / 6 gm
Salt to taste	
Water	1 cup / 250 ml / 8 fl oz
Mango powder (<i>amchur</i>)	1 tsp / 2 gm
Vegetable oil / Ghee for shallow frying	

Makes: 11-12

Method:

1. Heat the oil in a pan; add green gram, turmeric powder, red chilli powder, cumin powder, salt, and water. Cook covered on medium heat until almost done.
2. Add the mango powder and cook for a few more minutes, ensuring that the green gram grains remain intact. A little more water may be added, if required. Keep aside.
3. To the mashed potatoes, add salt to taste. Divide this equally into lemon-sized portions. Grease your palms and roll each portion to make a ball, then flatten into a smooth, round patty about ½" thick. Put 2 tsp of the green gram filling in the centre. Fold the edges together and seal the filling inside. Flatten again with the fingers to a 3 cm thickness. Keep aside and shape all the pieces this way.
4. Heat a few drops of oil / ghee on a griddle (*tawa*) or a non-stick frying pan; lay the patties flat on it. Cook on medium heat, adding a few drops of oil around the edges. Turn over when deep red and crisp. Repeat on the other side. Remove and drain the excess oil on absorbent kitchen towels.
5. Serve hot with mint chutney (see p. 428).

Vegetable Chop

Ingredients:

Potatoes	350 gm / 12 oz
Beetroot (<i>chukander</i>)	100 gm / 3½ oz
Green peas (<i>hara matar</i>), shelled	100 gm / 3½ oz
Sweet potatoes (<i>shakarkand</i>)	100 gm / 3½ oz
Cauliflower (<i>phool gobhi</i>)	50 gm / 1¾ oz
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz
Onion, chopped	2 tbsp / 24 gm
Ginger (<i>adrak</i>) paste	1 tbsp / 18 gm
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder to taste (optional)	
Raisins (<i>kishmish</i>)	50 gm / 1¾ oz
Green chillies, sliced	1 tbsp
Salt to taste	
Garam masala	1 tbsp
Eggs, beaten	2
Breadcrumbs	1 cup / 120 gm / 4 oz
Vegetable oil for deep-frying	

Serves: 4-6

Method:

1. Boil and mash all the vegetables together. Keep aside.
2. Heat the oil in a wok (*kadhai*); add the onion and sauté till brown. Add the ginger-garlic pastes and cook till the oil comes to the surface. Add the turmeric powder and red chilli powder, if desired, and then the mashed vegetables. Keep stirring for a few minutes.
3. Mix in the raisins, green chillies, salt, and garam masala. Remove and keep aside to cool.
4. When cool enough to handle, divide the mixture equally into lemon-sized balls. Shape each portion either into balls or egg shapes. Dip them in egg, roll in breadcrumbs and keep aside.
5. Heat the oil in a wok; carefully lower the balls and deep-fry until uniformly brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
6. Serve with tomato chutney or tomato sauce.

Note: For pure vegetarians, if you do not wish to use egg, then make a batter with 3 tbsp cornflour and some water, and then dip the balls in this batter instead of egg.



Medu Vada

Black gram patties

Ingredients:

Split black gram (<i>urad dal</i>), soaked for 6 hours	½ cup / 75 gm / 2½ oz
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm
Cumin (<i>jeera</i>) seeds	1 tbsp / 6 gm
Salt to taste	
Green chillies, chopped	4
Vegetable oil for frying	

Serves: 4-6 (makes: 8-10)

Method:

1. Drain the split black gram and grind till very smooth. Make a thick batter with a little water.
2. Add the green coriander, cumin seeds, salt, and green chillies. Mix well. Divide the batter into equal portions. With wet hands, take a portion and shape into a patty with a hole in the centre. Make similar patties till all the batter is used up.
3. Heat the oil on low heat; lower the patties gently into the oil and deep-fry till golden brown and crisp. Remove with a slotted spoon, and drain the excess oil on absorbent kitchen towels.
4. Serve hot.

Batata Vada

Batter-coated fried potato balls

Ingredients:

Potatoes, boiled, peeled, mashed	400 gm / 14 oz
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Green chilli paste	1 tsp / 5 gm
Asafoetida (<i>hing</i>)	a pinch
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Salt to taste	
Green coriander (<i>hara dhaniya</i>), chopped	½ cup / 12 gm
Vegetable oil for deep-frying	

For the batter:

Bengal gram flour (<i>besan</i>)	1 cup / 100 gm / 3½ oz
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Soda bicarbonate	¼ tsp / 1½ gm
Water to make a thin batter	

Method:

1. Heat the oil in a wok (*kadhai*); add garlic paste and fry for 2 minutes. Add the remaining ingredients and cook for another 2 minutes. Remove and keep aside to cool.
2. Mix this garlic mixture with the mashed potatoes. Divide this mixture into 4-5 cm balls.
3. **For the batter**, mix all the ingredients together, adding enough water to make a thin batter. Heat the oil in a wok; dip the potato balls in the batter, carefully lower a few balls, at a time, and deep-fry on medium heat till golden. Remove and drain on absorbent kitchen towels. Serve hot.

Serves: 6



Sabu Dana Vada

Sago patties – South Indian style

Ingredients:

Sago (<i>sabu dana</i>)	½ cup / 100 gm / 3½ oz
Buttermilk (<i>matha</i> , see p. 11)	½ cup / 100 ml / 3½ fl oz
Gram flour (<i>besan</i>)	½ cup / 50 gm / 1¾ oz
Red chilli powder	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	a pinch
Green chillies, chopped	2
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Ghee	1 tsp / 5 gm
Salt to taste	
Vegetable oil for frying	

Method:

1. Soak the sago in buttermilk for 30 minutes.
2. Add all the ingredients (except oil) to the soaked sago. Season with salt and add enough water to make a stiff batter.
3. Divide the sago batter into equal portions and shape each portion into round patties.
4. Heat the oil in a wok (*kadhai*); add a few patties at a time and deep-fry for 15-20 minutes or till golden brown. Remove with a slotted spoon, and drain on absorbent kitchen towels.
5. Serve hot with coconut chutney (see p. 418).

Serves: 4-6 (makes: 8-10)

Thair Vadai

Black gram dumplings in spiced yoghurt

Ingredients:

For the vadai (dumplings):

Black gram (<i>urad dal</i>), soaked overnight	500 gm / 1.1 lb
Salt to taste	
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Asafoetida (<i>hing</i>), soaked in ½ cup water	½ tsp / 2½ gm
Ginger (<i>adrak</i>), crushed	1 tbsp / 24 gm
Green chillies, finely chopped	2
Curry leaves (<i>kadhi patta</i>), chopped	½ cup / 7½ gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Black mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Dry red chillies (<i>sookhi lal mirch</i>)	2
Vegetable oil	2 tsp / 10 ml
Curry leaves, chopped	½ cup / 7½ gm
Green chillies	4
Yoghurt (<i>dahi</i>)	500-750 gm / 17½-26 oz
Salt to taste	
Water	1 cup / 250 ml / 8 fl oz
Vegetable oil for deep-frying	

Method:

1. Drain the black gram and grind to a paste. Add salt, lemon juice, asafoetida, ginger, green chillies, and curry leaves. Beat into a stiff batter and keep aside.
2. Crush the cumin seeds, mustard seeds, and dry red chillies coarsely.
3. Heat the oil in a wok (*kadhai*); fry the powdered spices with the curry leaves and green chillies for a few seconds.
4. Beat the yoghurt with this spice mixture, salt, and water. Keep aside.
5. Heat the oil in a wok; gently lower spoonfuls of the black gram batter and deep-fry the dumplings until golden in colour. Remove and drain the excess oil and transfer the dumplings in a pot of water for just a few seconds. Remove and gently squeeze out the excess water. Repeat till all the batter is used up.
6. Add the dumplings to the spiced yoghurt and serve cold.

Note: To avoid deep-frying, you can bake the dumplings in greased muffin trays for 45 minutes on moderate heat. They should soak for 1-2 hours before serving.

Makes: 12-15



Toor Dal Vadai

Deep-fried red gram dumplings

Ingredients:

Split red gram (<i>arhar dal</i>), soaked in cold water overnight	2 cups / 300 gm / 11 oz
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
Soda bicarbonate	½ tsp / 3 gm
Salt to taste	
Green chillies, finely chopped	2
Vegetable oil for deep-frying	

Method:

1. Drain the split red gram and blend to a fine paste with the fenugreek seeds. Mix in soda bicarbonate, salt, and green chillies.
2. Heat the oil in a wok (*kadhai*); drop spoonfuls of this thick batter and fry until uniformly brown and cooked. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
3. Serve hot or cold with any pickle or chutney of your choice.

Note: The dumplings may be baked in greased cup cake trays in an oven set at 180°C / 350°F for 30-40 minutes.

Serves: 4-6

Arvi Bonda

Crispy colocasia

Ingredients:

Colocasia (<i>arvi</i>), boiled, mashed	500 gm / 1.1 lb
Green chillies, chopped	6
Yoghurt (<i>dahi</i>)	1 tbsp / 15 gm
Ginger (<i>adrak</i>), chopped	1 tsp / 6 gm
Asafoetida (<i>hing</i>)	a pinch
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Salt to taste	
For the batter:	
Refined flour (<i>maida</i>)	1 cup / 100 gm / 3½ oz
Gram flour (<i>besan</i>)	½ cup / 50 gm / 1¾ oz
Rice flour	½ cup / 50 gm / 1¾ oz
Baking soda	a pinch

Vegetable oil for frying

Method:

1. In a bowl, mix the colocasia with green chillies, yoghurt, ginger, asafoetida, and green coriander thoroughly. Season with salt and shape the mixture into medium-sized balls.
2. Combine all the ingredients of the batter and add enough water to make a batter of semi-thick consistency.
3. Heat the oil in a wok (*kadhai*); dip the colocasia balls into the batter and then, carefully, lower them into the wok in small batches.
4. Cook on medium heat until crisp; remove with a slotted spoon and drain on absorbent kitchen towels. Serve hot.

Serves: 2-4



Urulaikizhangu Bonda

Potato fritters

Ingredients:

Potatoes, boiled, peeled, cut into small pieces	1 kg / 2.2 lb
Vegetable oil	1 tbsp / 15 ml
Black mustard seeds (<i>rai</i>)	2 tsp / 6 gm
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Black gram (<i>urad dal</i>), washed, drained	6 tsp
Curry leaves (<i>kadhi patta</i>)	100 gm / 3½ oz
Onions, medium-sized, thickly diced	2
Green coriander (<i>hara dhaniya</i>), finely chopped	200 gm / 7 oz
Green chillies, finely chopped	4
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Lemon (<i>nimbu</i>) juice	6 tsp / 30 ml / 1 fl oz
Vegetable oil for deep-frying	
For the batter:	
Bengal gram flour (<i>besan</i>)	1½ cups / 150 gm / 5 oz
Soda bicarbonate	a pinch
Salt	1 tsp / 4 gm
Water, cold	a little

Method:

1. Heat the oil in a wok (*kadhai*); add the black mustard seeds, cumin seeds, black gram, and curry leaves. Sauté till the black gram turns golden brown. Add the onions, green coriander, green chillies, and red chilli powder; fry for a minute.
2. Add the potatoes, salt, and lemon juice. Remove from heat. When cool enough to handle, mash the mixture until smooth. Divide and shape the mixture into egg-sized balls.
3. **For the batter**, mix all the ingredients in a bowl till it is of a coating consistency.
4. Heat the oil in a wok (*kadhai*); lower the balls in the batter and when they are well coated drop them in the oil gently. Fry until light brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
5. Serve hot with coconut chutney (see p. 418).

Makes: 17-18

Mysore Bonda

Deep-fried black gram cakes

Ingredients:

Black gram (<i>urad dal</i>)	1 cup / 150 gm / 5 oz
Fenugreek seeds (<i>methi dana</i>)	¼ tsp
Green chillies	1-2
Red chilli powder	½ tsp / 1 gm
Salt	½ tsp / 2 gm
Coconut (<i>nariyal</i>), fresh, grated	30 gm / 1 oz
Curry leaves (<i>kadhi patta</i>), chopped	2 tbsp / 8 gm
Ginger (<i>adrak</i>), finely chopped	1 tsp / 6 gm
Black peppercorns (<i>sabut kali mirch</i>), cracked	1 tsp / 2 gm
Vegetable oil for deep-frying	

Method:

1. Soak the black gram with fenugreek seeds for about 50 minutes in cold water. Drain and blend with green chillies, red chilli powder, and salt. Add the coconut, curry leaves, ginger, and black peppercorns. Divide and shape the mixture into lemon-sized balls
2. Heat the oil in a wok (*kadhai*); gently lower the balls and deep-fry until golden brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
3. Serve hot with any chutney of your choice.

Makes: 8-10



Achaar Idli

Steamed pickled cakes

Ingredients:

Split black gram (<i>urad dal</i>), soaked for 2 hours	2½ cups / 375 gm / 13 oz
Semolina (<i>suji</i>), soaked for 20 minutes	2 cups / 200 gm / 7 oz
Fenugreek seeds (<i>methi dana</i>)	1 tsp / 3 gm
Mixed pickle, chopped	¼ cup / 50 gm / 1¾ oz
Salt to taste	

Serves: 4-6 (makes: 30)

Method:

1. Drain the split black gram and grind to a fine paste by adding a little water.
2. Drain the semolina and grind with the fenugreek seeds.
3. Mix the two pastes and add enough water to make a batter of dropping consistency. Season with salt.
4. Take the idli moulds. Pour 1 tbsp of the batter in each mould, put some mixed pickle over it and then top with another tbsp of the batter.
5. Steam for 20 minutes.
6. Serve hot with gun powder (see p. 10) and coconut chutney (see p. 418).

Sevain Idli

Steamed vermicelli cakes

Ingredients:

Split black gram (<i>urad dal</i>), soaked for 2 hours	1 cup / 150 gm / 5 oz
Semolina (<i>suji</i>), soaked for 20 minutes	1 cup / 100 gm / 3½ oz
Fenugreek seeds (<i>methi dana</i>)	1 tsp / 3 gm
Vermicelli (<i>sevain</i>), soaked for 20 minutes	2 cups
Salt to taste	

Serves: 4-6 (makes: 20)

Method:

1. Drain the split black gram and grind to a fine paste by adding a little water.
2. Drain the semolina and grind with the fenugreek seeds.
3. Mix the two pastes together; add the drained vermicelli and season with salt.
4. Take the *idli* moulds; pour 1 tbsp of the batter in each mould and steam for 20 minutes.
5. Serve hot with coconut chutney (see p. 418).



Masala Uttapam

Spicy rice and black gram pancakes

Ingredients:

Rice	¾ cup / 150 gm / 5 oz
Split black gram (<i>urad dal</i>)	¾ cup / 112 gm / 3¾ oz
Salt to taste	
For the filling:	
Vegetable oil	¼ cup / 50 ml / 1¾ oz
Onion, large, finely chopped	1
Tomatoes, large, finely chopped	2
Green chillies, finely chopped	4
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), finely chopped	2 tbsp / 8 gm

Serves: 4-6 (makes: 8-10)

Method:

1. Prepare the batter by grinding together rice, split black gram, a little water, and salt. Keep aside.
2. **For the filling**, heat a little oil in a pan; add onion, tomatoes, green chillies, cumin seeds, green coriander, and salt to taste. Mix thoroughly and cook for a few minutes. Keep the filling aside.
3. Heat a non-stick pan; pour a ladleful of the batter and spread it evenly. Cook on medium heat.
4. Spread the filling on the batter, sprinkle a little oil around the sides and cook until the pancake is brown on the underside. Turn and cook the other side as well. Repeat till all the batter is used up.
5. Serve hot with coconut chutney (see p. 418).

Plain Dosa

Plain pancakes

Ingredients:

Rice, soaked for 4 hours	¾ cup / 150 gm / 5 oz
Split black gram (<i>urad dal</i>), soaked for 4 hours	¼ cup / 40 gm / 1¼ oz
Salt to taste	
Vegetable oil	4 tbsp / 60 ml / 2 fl oz

Serves: 4-6 (makes: 8-10)

Method:

1. Drain the rice and split black gram and grind them together, adding enough water to make a smooth batter. Stir in the salt. Keep aside.
2. In a non-stick pan, pour a ladleful of the batter and spread it evenly to make a paper-thin pancake. Sprinkle some oil over the pancake and cook till golden brown. Make similar pancakes till all the batter is used up.
3. Fold them as desired.
4. Serve hot with gun powder (see p. 10), *araiṭha sambhar* (see p. 251), and coconut chutney (see p. 418).



Masala Dosa

Black gram pancakes with potato stuffing

Ingredients:

Rice, soaked for 4 hours	¾ cup / 150 gm / 5 oz
Split black gram (<i>urad dal</i>), soaked for 4 hours	¼ cup / 50 gm / 1¼ oz
Salt to taste	
For the filling:	
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onion, large, sliced	1
Mustard seeds (<i>rai</i>)	1 tsp / 2 gm
Split green gram (<i>moong dal</i>)	1 tbsp / 18 gm
Bengal gram (<i>chana dal</i>)	1 tbsp / 25 gm
Dry red chillies (<i>sookhi lal mirch</i>)	2
Cashew nuts (<i>kaju</i>)	4 tsp / 20 gm
Curry leaves (<i>kadhi patta</i>)	a few
Potatoes, boiled, mashed	2
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm

Method:

1. Drain rice and split black gram. Grind together. Add salt and a little water to make a smooth batter.
2. Heat the oil in a pan; add the onion and sauté till translucent. Add mustard seeds, split green gram, and Bengal gram; sauté for 3-4 minutes. Add dry red chillies, cashew nuts, curry leaves, potatoes, and turmeric powder. Cook for 3-4 minutes more. Keep the filling aside.
3. In a non-stick pan, pour a ladleful of the batter and spread it evenly. Sprinkle a little oil around the sides and cook till golden brown. Put the filling in the centre of the pancake and fold as desired.
4. Serve hot with *araiṭha sambhar* (see p. 251) and coconut chutney (see p. 418).

Serves: 4-6 (makes: 8-10)

Adai

Mixed dal pancakes

Ingredients:

Split black gram (<i>urad dal</i>)	½ cup / 75 gm / 2½ oz
Lentil (<i>masoor dal</i>)	½ cup / 50 gm / 1¾ oz
Bengal gram (<i>chana dal</i>)	½ cup / 80 gm / 2¾ oz
Rice	1 cup / 200 gm / 7 oz
Dry red chillies (<i>sookhi lal mirch</i>)	6
Onions, chopped	¼ cup / 30 gm / 1 oz
Salt to taste	
Coconut (<i>nariyal</i>), grated	4 tbsp / 16 gm
Asafoetida (<i>hing</i>)	½ tsp / 2½ gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 4 gm
Vegetable oil	2 tbsp / 30 ml / 1 fl oz

Method:

1. Clean and soak the first four ingredients in 4 cups water with the dry red chillies for 2 hours. Then drain and grind these ingredients coarsely with onions, salt, coconut, asafoetida, and green coriander.
2. Add enough water to the above mixture to make a batter of dropping consistency.
3. Heat the griddle (*tawa*); pour a ladleful of the batter, spread it evenly to make a paper-thin pancake. Sprinkle a little oil around the sides and cook until golden brown on the underside. Fold as desired. Make similar pancakes till all the batter is used up.
4. Serve hot with jaggery.

Serves: 4-6 (makes: 10-15)



Godumai

Wheat flour pancakes

Ingredients:

Wholewheat flour (<i>atta</i>)	2 cups / 200 gm / 7 oz
Rice flour	1 cup / 100 gm / 3½ oz
Buttermilk (<i>matha</i> , see p. 11)	½ cup / 100 ml / 3½ fl oz
Salt to taste	
Green chillies, finely chopped	2
For the tempering:	
Vegetable oil	½ tbsp / 8 ml
Mustard seeds (<i>rai</i>)	¼ tsp
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Curry leaves (<i>kadhi patta</i>)	a few
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. In a large bowl, mix wholewheat and rice flours with the buttermilk, salt, and green chillies. Add enough water to the mixture to make a batter of dropping consistency. Let it ferment for 1 hour.
2. **For the tempering**, heat the oil in a pan; add mustard seeds, cumin seeds, and curry leaves. Fry till the seeds start spluttering. Add the green coriander. Pour this tempering into the batter.
3. Heat a non-stick pan. Pour a ladleful of the batter and spread it evenly to make a paper-thin pancake. Sprinkle a little oil around the sides and cook until golden brown.
4. Serve hot with coconut chutney (see p. 418).

Serves: 4-6 (makes: 10-15)

Chaat Papri

Flour crispies topped with yoghurt

Ingredients:

Refined flour (<i>maida</i>)	1 cup / 100 gm / 3½ oz
Semolina (<i>suji</i>)	1 tbsp / 10 gm
Salt	½ tbsp
Baking powder	a pinch
Vegetable oil	¾ cup / 150 ml / 5 fl oz
Vegetable oil for frying	
To serve:	
Potatoes, boiled, cubed	½ cup
Chickpeas (<i>kabuli chana</i>), boiled	½ cup
Tamarind chutney (see p. 429)	¾ cup / 150 gm / 5 oz
Mint chutney (see p. 428)	4 tbsp / 60 gm / 2 oz
Yoghurt (<i>dahi</i>), beaten	1 cup / 200 gm / 7 oz
Chaat masala to taste	

Serves: 4

Method:

1. Sift the refined flour, semolina, salt, and baking powder together. Add hot oil and mix well. Knead with enough water to make a smooth dough.
2. Divide the dough equally into tiny balls. Roll each out into a very thin disc, 1½" diameter. Perforate each with a fork so that it does not puff out while frying. Keep aside for 30 minutes, uncovered.
3. Heat the oil in a wok (*kadhai*); deep-fry the discs on medium heat till crisp and golden. Remove with a slotted spoon and drain the excess oil on absorbent kitchen paper towels.
4. To serve, arrange the fried discs (*papri*) on a plate; spread the potatoes, chickpeas, tamarind and mint chutneys, yoghurt, and *chaat* masala to taste.



Arvi Ka Chaat

Tangy colocasia

Ingredients:

Colocasia (<i>arvi</i>), boiled, cubed	500 gm / 1.1 lb
Salt	2 tsp / 8 gm
Tomatoes, chopped	100 gm / 3½ oz
Lemon (<i>nimbu</i>) juice	3 tbsp / 45 ml / 1½ fl oz
Green chillies, chopped	4
Green coriander (<i>hara dhaniya</i>), chopped	¼ cup / 6 gm
Mint (<i>pudina</i>) leaves, chopped	a few
Mango powder (<i>amchur</i>)	2 tsp / 4 gm

Method:

1. Combine the salt, tomatoes, lemon juice, green chillies, green coriander, and mint leaves in a bowl. Add the colocasia and mix well.
2. Sprinkle mango powder over the colocasia mixture and serve.

Serves: 4-6

Golgappa Aur Papri

Deep-fried puffs filled with gram and tamarind water

Ingredients:

For the *golgappa* or *papri*:

Refined flour (<i>maida</i>)	2 cups / 200 gm
Semolina (<i>suji</i>)	1 cup / 100 gm / 3½ oz
Cold water to knead	

Filling for the *golgappa*:

Sprouted brown gram (<i>chana</i>), boiled	2 tbsp
Potatoes, boiled, peeled, diced	100 gm / 3½ oz

For the tamarind water:

Cold water	6 cups / 1½ lt / 48 fl oz
Cumin (<i>jeera</i>) powder	3 tsp / 4½ gm
Tamarind (<i>imli</i>), soaked for 30 minutes in	

1 cup water, strained	1 tbsp / 6 gm
Black salt (<i>kala namak</i>)	1½ tsp / 3 gm
Black pepper (<i>kali mirch</i>) powder	2 tsp / 4 gm
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Mint (<i>pudina</i>) leaves, chopped	1 cup / 15 gm

To serve with *papri*:

Chickpeas (<i>kabuli chana</i>), cooked	1 tbsp / 18 gm
Potatoes, medium-sized, boiled, peeled, diced	2
Yoghurt (<i>dahi</i>), whipped	½ cup / 100 gm / 3½ oz
<i>Chaat</i> masala	3 tsp / 6 gm
Red chilli powder	½ tsp / 1 gm
Tamarind chutney (see p. 429)	3 tbsp

Method:

1. For the *golgappa* and *papri*, mix the flour and semolina with water and knead to a stiff dough. Divide the dough equally and make 3 cm balls. Roll each ball out into thick rounds. Cover with a damp cloth and keep aside.
2. Deep-fry the rounds till crisp and puffed up. Remove with a slotted spoon and keep aside. *Papri* is made in the same way except that the rolled out rounds are pricked with a fork before frying, so that they remain crisp and flat.
3. For the tamarind water, mix all the ingredients with the water and stir well. Keep this water in a ceramic jug.
4. To serve *golgappa*, make a small hole in the centre of the puffed up balls, put in a couple of sprouted brown gram, a little potato and fill with tamarind water. It should be eaten whole and immediately.
5. Serve the *papri* with chickpeas, potatoes, yoghurt, sprinkled with *chaat* masala, red chilli powder and tamarind sauce.

Serves: 4-6



Etheka Appam

Banana fritters

Ingredients:

Bananas, ripe, chopped	
lengthwise into 4 pieces	500 gm / 1.1 lb
Rice flour	½ cup / 57 gm / 2 oz
Sugar	1 tsp / 3 gm
Baking powder	½ tsp / 3 gm
Water	½ cup / 125 ml / 4 oz
Vegetable oil for frying	

Serves: 8

Method:

1. Mix the rice flour, sugar, baking powder, and water together into a smooth batter.
2. Heat the oil in a wok (*kadhai*); dip the banana in the batter and deep-fry, one at a time, till golden brown. Remove with a slotted spoon and drain the excess oil on absorbent paper towels. Repeat till all the bananas are fried.
3. Serve hot.

Phal Ki Chaat

Mixed-fruit snack

Ingredients:

Apples, cored, diced	2
Pears (<i>nashpati</i>), cored, diced	2
Banana, peeled, thickly cut	1
Melon (<i>kharbuja</i>), peeled, deseeded, diced	½
Papaya (<i>papita</i>), peeled, deseeded, diced	½
Mango, peeled, diced	1
Potato, large, boiled, peeled, diced	1
Cucumber (<i>khira</i>), peeled, diced	1
Lemon (<i>nimbu</i>) juice	1 tsp / 5 ml
Black salt (<i>kala namak</i>)	2 tsp / 4 gm
Red chilli powder	½-1 tsp / 1-2 gm
Mint (<i>pudina</i>) paste (see p. 428)	1 tsp / 5 gm
Tamarind (<i>imli</i>) pulp (see p. 10)	1 tsp / 5 gm
Chaat masala	1 tsp / 2 gm

Method:

1. Mix all the fruits and vegetables together in a bowl.
2. Add lemon juice, rock salt, and red chilli powder. Mix and keep aside for 10 minutes.
3. Serve with a dressing of mint paste mixed with tamarind pulp and *chaat masala*.

Note: 1 tsp lightly roasted cumin powder may also be added. This preparation must be made fresh almost before being served to retain the crispness of the fruits. Any combination of seasonal fruits may be used.

Serves: 6-8



Achappam

Crunchy savoury

Ingredients:

Rice flour	4 ⅓ cups / 500 gm / 1.1 lb
Coconut (<i>nariyal</i>), grated	2 cups / 200 gm / 7 oz
Eggs	2
Sugar	3 tbsp / 60 gm / 2 oz
Sesame (<i>til</i>) seeds	2 tsp / 6 gm
Salt to taste	

Method:

1. Extract 2¾ cups milk from the grated coconut.
2. Mix the rice flour with the coconut milk into a smooth batter.
3. Whisk the eggs till stiff and add to the batter; mix well. Add the sugar, sesame seeds, and salt.
4. Use less sugar otherwise the batter will stick to the mould.
5. Heat some oil in a wok (*kadhai*). When hot, place the *achappam* mould into the oil for 10 minutes or until the mould is very hot. Lift the mould carefully, dip into the batter, then place it back into the oil. When the *achappam* turns light brown, gently shake the mould to remove it. Leave in the oil for another 2 minutes until golden. Lift and drain.
6. Repeat the process till all the batter has been used.
7. Cool and store in airtight jars.

Serves: 6-8

Aval Nanachathu

Beaten rice in coconut

Ingredients:

Beaten rice (<i>chewda</i>)	2 cups / 100 gm / 3½ oz
Coconut (<i>nariyal</i>), grated	1 cup / 100 gm / 3½ oz
Jaggery (<i>gur</i>), finely scraped	½ cup / 100 gm / 3½ oz
Black gram (<i>urad dal</i>), fried	1½ tbsp / 37 gm / 1 oz
Green cardamom (<i>choti elaichi</i>) powder	½ tbsp

Method:

1. Squeeze the coconut with the palm so that it is absolutely dry. Mix in the jaggery.
2. Add the beaten rice, black gram, and green cardamom powder; mix well.
3. Serve after 20 minutes.

Serves: 4



Upmav

Semolina tempered with mustard seeds

Ingredients:

Semolina (<i>suji</i>)	2 cups / 200 gm / 7 oz
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Dry red chilli (<i>sookhi lal mirch</i>)	1
Black gram (<i>urad dal</i>)	1½ tsp
Onions, finely chopped	2½ tbsp / 30 gm / 1 oz
Green chillies, chopped into rounds	2
Ginger (<i>adrak</i>), finely chopped	1 tsp / 6 gm
Curry leaves (<i>kadhi patta</i>)	a few
Water	4 cups / 1 lt / 32 fl oz
Salt to taste	

Method:

1. Heat 1 tbsp oil in a pan; roast the semolina on low heat for some time (it should not change colour).
2. Heat the remaining oil in another pan; add mustard seeds, dry red chilli, black gram, onions, green chillies, ginger, and curry leaves; sauté for a while.
3. Pour in the water; add salt and bring the mixture to the boil. Now add the roasted semolina.
4. Lower heat and keep stirring continuously so that the mixture is lump-free. Cook till all the water has been absorbed and the mixture is absolutely dry. Serve hot.

Serves: 5

Murruku

Rice coils

Ingredients:

Black gram flour (<i>besan</i>)	3 cups / 300 gm / 11 oz
Rice flour	1½ cups / 172 gm / 6 oz
Ghee	1 tsp / 5 gm
Cumin (<i>jeera</i>) seeds, broiled, powdered	½ tsp / 1 gm
Red chilli powder	½ tsp / 1 gm
Asafoetida (<i>hing</i>)	¼ tsp / 1 gm
Sesame (<i>til</i>) seeds	1 tsp / 3 gm

Serves: 6-8

Method:

1. Mix the gram flour and rice flour together. Rub in the ghee with the fingertips till well incorporated. Add all the ingredients and mix well. Sprinkle some water and knead lightly.
2. Put some dough into the *murruku* mould and press out the *murruku*; deep-fry till golden brown. Remove and drain the excess oil on absorbent paper towels. Repeat until all the dough has been used.
3. Cool and store in airtight jars.



Etheka Varathathu

Banana chips

Ingredients:

Bananas, raw, skinned, washed, cut into even-sized rounds	500 gm / 1.1 lb
Salt to taste	
Coconut oil / Vegetable oil for frying	

Serves: 6-8

Method:

1. Heat the oil in a wok (*kadhai*); add the bananas and deep-fry till golden brown. Sprinkle some salt water in the oil and stir. Remove the fried bananas with a slotted spoon and drain the excess oil on absorbent paper towels. Repeat till all are fried.
2. Cool and store in airtight jars.

Suhali

Crisp, fried flour savouries

Ingredients:

Refined flour (<i>maida</i>)	2½ cups / 250 gm / 9 oz
Ghee	3 tbsp / 45 gm / 1½ oz
Carom (<i>ajwain</i>) seeds	½ tsp / 1 gm
Salt	½ tsp / 2 gm
Vegetable oil for deep-frying	

Makes: 20-25

Method:

1. Mix all the ingredients together except the oil and knead into a stiff dough.
2. Divide the dough equally into 20-25 portions. Roll each portion out into a flat disc of 2" diameter. Pierce each with a fork.
3. Heat the oil in a wok (*kadhai*); fry the discs, a few at a time, on low heat till brown. Remove with a slotted spoon and drain the excess oil on paper towels. Repeat till all the discs are fried.
4. These can be stored for a week in airtight containers and eaten with any pickle of your choice.



Namak Para

Diamond-shaped flour savouries

Ingredients:

Refined flour (<i>maida</i>)	2½ cups / 250 gm / 9 oz
Ghee	3 tbsp / 45 gm / 1½ oz
Onion seeds (<i>kalonji</i>)	½ tsp / 1 gm
Salt	½ tsp / 2 gm
Vegetable oil for deep-frying	

Makes: 20-25

Method:

1. Mix all the ingredients together except oil and knead. Roll the dough to a ¼"-thick disc.
2. With a sharp knife cut the disc into ½" wide vertical strips.
3. Again cut in a slant about ½"-wide strips to get diamond shapes.
4. Heat the oil in wok (*kadhai*); fry these pieces, a few at a time, on low heat till brown and crisp. Remove with a slotted spoon and drain the excess oil on paper towels. Repeat till all the pieces are fried.
5. This can be stored for a week in airtight containers. Serve with any pickle of your choice.

Doodh Ka Bhutta

Corn cooked in milk

Ingredients:

Corn (<i>bhutta</i>) kernels, crushed	250 gm / 9 oz
Milk	1¼ cups / 250 ml / 8 fl oz
Butter	1½ tbsp / 30 gm / 1 oz
Salt	½ tsp / 2 gm
White pepper (<i>safed mirch</i>) powder	¼ tsp

Method:

1. Mix the crushed corn with milk and bring to the boil. Cook, stirring constantly, till the mixture thickens.
2. Add the remaining ingredients; mix well. Remove from heat and serve as a topping on toast or as a stuffing in grilled sandwiches.

Serves: 6



Khandvi

Gram flour rolls

Ingredients:

Gram flour (<i>besan</i>)	2½ cups / 250 gm / 9 oz
Green chillies	4
Ginger (<i>adrak</i>), 1" piece	1
Buttermilk (<i>matha</i> , see p. 11), thick	2 cups / 400 ml / 14 fl oz
Water	2 cups / 500 ml / 16 fl oz
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	

For the tempering:

Vegetable oil	1 tbsp / 15 ml
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Dry red chillies (<i>sookhi lal mirch</i>), cut	2
Asafoetida (<i>hing</i>)	a pinch
Curry leaves (<i>kadhi patta</i>)	7-8

Coconut (<i>nariyal</i>), grated	¼
Green coriander (<i>hara dhaniya</i>), chopped	1 cup / 25 gm
Green chillies, slit	5

Serves: 6

Method:

1. Grind the green chillies and ginger with a little water to a smooth paste.
2. Mix the buttermilk, gram flour, and water together. Add turmeric powder, salt, and chilli-ginger paste. Mix to make a smooth batter.
3. Cook the batter in a pan on medium heat till a thick paste-like consistency is obtained. Remove the pan from the heat.
4. Grease the reverse side of 2 stainless steel flat plates and spread the mixture as thinly as possible.
5. While it is still warm, make 1" wide strips with a sharp knife on the spread mixture. When cool, gently roll each strip to resemble small swiss rolls. Arrange the rolls on a serving platter.
6. **For the tempering**, heat the oil in a pan; add mustard seeds, and when they start spluttering add dry red chillies and asafoetida. Sauté for a few seconds, remove from heat and pour over the prepared rolls.
7. Garnish with coconut and green coriander; serve either hot or cold.

Sev

Gram flour savoury

Ingredients:

Gram flour (<i>besan</i>)	2½ cups / 250 gm / 9 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Carom (<i>ajwain</i>) seeds	1 tsp / 1½ gm
Soda bicarbonate	¼ tsp / 1½ gm
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Water as required	
Vegetable oil for deep-frying	

Serves: 6-8

Method:

1. Mix the oil with the flour and rub with your fingertips until it becomes crumbly.
2. Add all the other ingredients (except water and oil); mix well. Knead with enough water to make a stiff dough.
3. Heat the oil in a wok (*kadhai*); meanwhile grease the insides of a sev-making device (or use a noodle maker with a fine mesh to make thinner sev).
4. Fill the top container of the device with the dough. Press the dough down through the mesh directly into the hot oil.
5. Separate the sev in the oil with a fork to prevent sticking. Fry on low heat until crisp and pale yellow. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
6. Allow to cool then store in airtight jars.

Note: Add one third rice flour instead of just gram flour for even more crisper sev.



Matri

Crisp flour biscuits flavoured with carom seeds

Ingredients:

Refined flour (<i>maida</i>)	1 cup / 100 gm / 3½ oz
Ghee	1 tbsp / 15 gm
Salt to taste	
Soda bicarbonate	2-3 pinches
Carom (<i>ajwain</i>) seeds	¼ tsp
Warm water for kneading	
Vegetable oil for deep-frying	

Serves: 4-6

Method:

1. Mix all the ingredients (except water and oil) together. Knead into a pliable dough by adding just enough warm water. Cover the dough and keep aside for 15 minutes.
2. Divide the dough equally into small portions. Roll out each into a 1"-wide, thick disc. Prick the surface with a fork and place over a clean cloth. Similarly, prepare the other portions.
3. Heat the oil in a frying pan; fry the discs, a few at a time, till crisp and golden on both sides. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
4. When cool, store in airtight containers.

Khaman Dhokla

Steamed savoury cakes

Ingredients:

Bengal gram (<i>chana dal</i>), soaked overnight	1 cup / 160 gm / 5 oz
Green chillies	4
Ginger (<i>adrak</i>), 1" piece	1
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Salt to taste	
Asafoetida (<i>hing</i>)	¼ tsp / 1 gm
Soda bicarbonate	¼ tsp / 1½ gm
For the tempering:	
Vegetable oil	1 tbsp / 15 ml
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Dry red chillies (<i>sookhi lal mirch</i>), whole	3-4
Curry leaves (<i>kadhi patta</i>)	10
Green coriander (<i>hara dhaniya</i>), chopped	½ cup / 12½ gm
Coconut (<i>nariyal</i>), grated	¼

Serves: 6

Method:

1. Grind the green chillies and ginger to a smooth paste. Keep aside.
2. Grind the Bengal gram coarsely; whisk to incorporate air in it. Keep aside to ferment in a warm place for at least 10 hours or till tiny bubbles appear.
3. Add the oil, salt, asafoetida, soda bicarbonate, and green chilli-ginger paste to the Bengal gram paste. Add a little water and whisk the mixture thoroughly once again.
4. Grease a flat stainless steel plate or a baking dish (2" deep). Spread the mixture to a thickness of 1". Steam till it is done. To check if the dish is ready, pierce with a fork. If the fork comes out clean, then the *dhokla* is ready.
5. Allow to cool, then cut into 1-1½" squares.
6. **For the tempering**, heat the oil in a pan; add the mustard seeds, cumin seeds, and dry red chillies. When they start crackling, add curry leaves and pour over the *dhokla*.
7. Serve garnished with coconut and green coriander.



Mag Ni Dal Na Bhajiya

Fried green gram dumplings

Ingredients:

Split green gram (<i>dhuli moong dal</i>), with skin, soaked for 4 hours or overnight	500 gm / 1.1 lb
Green chillies	4
Black peppercorns (<i>sabut kali mirch</i>), coarsely ground	15
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Vegetable oil for deep-frying	

Serves: 6-8

Method:

1. Remove the skin of the green gram by rubbing between your palms and then washing in plenty of water. Drain the excess water.
2. Add green chillies and blend to a smooth paste without adding any water.
3. Transfer the mixture into a large bowl and then whisk well with your hand, till light and fluffy.
4. Heat the oil in a wok (*kadhai*); gently drop spoonfuls of the mixture and deep-fry on medium heat for about 3 minutes or until golden brown and crisp. Remove and drain the excess oil. Repeat till all the batter is used up.
5. Serve hot with *kothmir ni chutney* (see p. 420).

Kobi Na Moothia

Delicious steamed cabbage dumplings

Ingredients:

Cabbage (<i>bandh gobhi</i>), finely shredded	250 gm / 9 oz
Salt to taste	
Gram flour (<i>besan</i>)	1 cup / 100 gm / 3½ oz
Asafoetida (<i>hing</i>) powder	¼ tsp / 1 gm
Green chillies	3
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Soda bicarbonate	¼ tsp / 1½ gm
Juice of lemon (<i>nimbu</i>)	1
Sugar	1 tbsp / 20 gm
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
For the tempering:	
Vegetable oil	1 tbsp / 15 ml
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Red chilli powder	1 tsp / 2 gm
Curry leaves (<i>kadhi patta</i>)	10
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Asafoetida	a pinch

Method:

1. Mix the salt with the cabbage; keep aside for 20 minutes. Squeeze out the juice from the cabbage.
2. Add gram flour, and the other ingredients. Knead with enough water to make a soft dough.
3. With wet palms, make sausage-shape rolls; about ½-¾" diameter. Steam the rolls for 15-20 minutes in a steamer. Remove, cool and cut into ½" pieces.
4. **For the tempering**, heat the oil; add the mustard seeds; sauté. Add the remaining ingredients and the steamed rolls; sauté for 5 minutes and serve.

Serves: 4-6



Chewdo

Spicy snack made of beaten rice and dry fruits

Ingredients:

Beaten rice (<i>chiwda</i>)	5 cups / 250 gm / 9 oz
Vegetable oil for frying	
Cashew nuts (<i>kaju</i>)	2 tbsp / 30 gm / 1 oz
Dry coconut (<i>copra</i>), sliced	¼
Curry leaves (<i>kadhi patta</i>)	10-12
Green chilli	1
Groundnuts (<i>moongphalli</i>)	¼ cup / 50 gm / 1¾ oz
Raisins (<i>kishmish</i>)	2 tbsp / 20 gm
Sugar	½ tsp / 1½ tsp
Turmeric powder (<i>haldi</i>)	½ tsp / 1 gm
Red chilli powder	1 tsp / 2 gm
Salt to taste	

Serves: 6-8

Method:

1. Heat the oil in a wok (*kadhai*); fry each of the following: cashew nuts till light brown, dry coconut till golden, raisins till light brown, green chillies and curry leaves till slightly wilted, and groundnuts till pale golden.
2. Heat the oil till it starts smoking; deep-fry the beaten rice till they puff up. Remove with a slotted spoon and drain the excess oil.
3. Mix in the turmeric powder, red chilli powder, peanuts, cashew nuts, coconut, green chilli, raisins, and curry leaves. Add salt only when the mixture has cooled down.
4. Store in an airtight jar.

Chira Bhaja

Fried pressed rice

Ingredients:

Beaten rice (<i>chidwa</i>)	4 cups / 200 gm / 7 oz
Vegetable oil for frying	
Groundnuts (<i>moongphalli</i>)	¼ cup / 50 gm / 1¾ oz
Potatoes, julienned	50 gm / 1¾ oz
Salt	1 tsp / 4 gm
Black peppercorns (<i>sabut kali mirch</i>), crushed	1 tsp / 6 gm

Method:

1. Heat the oil in a wok (*kadhai*); fry the pressed rice, groundnuts, and potatoes separately. Drain the excess oil.
2. In a big mixing bowl, combine all the ingredients.
3. Add salt and black pepper; mix gently till the whole mixture is seasoned.
4. This can be served hot or at room temperature.

Serves: 4



Chura Tareko

Pressed rice savoury

Ingredients:

Beaten rice (<i>chidwa</i>)	3 cups / 150 gm / 5 oz
Vegetable oil for frying	
Potatoes, medium-sized, peeled, cut into thin rounds, soaked in water	2
Groundnuts (<i>moongphalli</i>), fried	100 gm / 3½ oz
Dry red chillies (<i>sookhi lal mirch</i>)	4-5
Dry coconut (<i>copra</i>), cut into thin slices	4 tsp / 8 gm
Green coriander (<i>hara dhaniya</i>), strands	2 cups / 50 gm / 1¾ oz
Salt to taste	
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Cumin (<i>jeera</i>) seeds, dry roasted, powdered	1 tsp / 2 gm

Method:

1. Heat the oil in a pan; fry a little pressed rice first if it puffs up the oil is of the right temperature. Fry the remaining beaten rice and keep aside.
2. In the same oil, fry the following one at a time in the given order, drain and keep aside: the potato rounds till crisp, groundnuts, dry red chillies till they turn light brown, coconut pieces and green coriander.
3. In a large flat dish, mix all the above ingredients well.
4. Mix together salt, turmeric powder, cumin powder. With light fingers, mix everything well. When the mixture cools, store in an airtight container.

Serves: 2-4

Jhal Muri

Seasoned puffed rice

Ingredients :

Puffed rice (<i>murmura</i>)	250 gm / 9 oz
Onion, finely chopped	2 tbsp / 24 gm
Potato, boiled, peeled, finely chopped	30 gm / 1 oz
Tomatoes, finely chopped	30 gm / 1 oz
Cucumber (<i>khira</i>), finely chopped	30 gm / 1 oz
Ginger (<i>adrak</i>), finely chopped	2 tsp / 12 gm
Green chillies, finely chopped	4 tsp / 20 gm
Groundnuts (<i>moongphalli</i>), fried	2 tbsp / 30 gm / 1 oz
Sprouted black gram (<i>kala chana</i>), soaked, drained	2 tsp / 10 gm
Mustard (<i>sarson</i>) oil	4 tsp / 20 ml
Salt	1 tsp / 4 gm

Method :

1. Combine all the ingredients except the mustard oil and salt. Mix gently with a fork.
2. Now add the mustard oil and salt. Mix gently again.
3. Serve as a snack at tea-time.

Serves: 4



Kopi Shingara

Deep-fried, cauliflower stuffed savoury patties

Ingredients :

Cauliflower (<i>phool gobhi</i>), cut into florets	250 gm / 9 oz
Refined flour (<i>maida</i>)	1¼ cups / 150 gm / 5 oz
Ghee	¼ cup / 50 gm / 1¾ oz
Onion seeds (<i>kalonji</i>)	1 tsp / 1½ gm
Vegetable oil for frying	
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Mango powder (<i>amchur</i>)	1 tsp / 2 gm
Green chillies, chopped	1 tsp / 5 gm
Salt	2 tsp / 8 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm

Method :

1. Mix together refined flour, ghee, and onion seeds. Add just enough water and knead into a stiff dough. Keep aside.
2. Heat the oil; deep-fry the cauliflower. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Keep aside to cool. Then chop into small pieces.
3. Heat the ghee and sauté cumin seeds. Add mango powder, green chillies, salt, turmeric powder, and cauliflower. Mix well and remove from heat.
4. Divide the dough equally into small, lemon-sized balls. Roll out each ball out into discs, 6"-8" in diameter.
5. Cut each disc into half, put ½ tbsp of the cauliflower filling in the middle of one half disc. Fold the disc into a triangular shape, enclosing the filling. Pinch the loose edges with your forefinger and thumb to seal. Likewise, prepare all the patties.
6. Reheat the oil in the wok (*kadhai*) and fry the patties on medium heat, till they are golden brown in colour. Remove and drain the excess oil. Serve hot.

Makes: 6

Vegetable Samosa

Deep-fried vegetable patties

Ingredients:

Refined flour (<i>maida</i>)	250 gm / 9 oz
Ghee	½ cup / 100 gm / 3½ oz
Carom (<i>ajwain</i>) seeds	½ tsp / 1 gm
Salt	½ tsp / 2 gm

For the filling:

Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Potatoes, boiled, finely diced	250 gm / 9 oz
Green peas (<i>hara matar</i>), boiled	50 gm / 1¾ oz
Salt	½ tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder	1 tsp / 2 gm
Green chillies, deseeded, finely chopped	10
Mango powder (<i>amchur</i>)	1 tsp / 2 gm

Vegetable oil for frying

Serves: 4-6

Method:

1. Mix ghee with flour and rub with your fingertips till the mixture is crumbly. Add carom seeds and salt. Mix well. Add just a little water to make a firm but pliable dough. Cover the dough with a moist cloth and keep aside for half an hour.
2. Heat the oil in a wok (*kadhai*); add cumin seeds. When they crackle, add potatoes and green peas. Stir for a minute. Add salt, coriander powder, turmeric powder, red chilli powder, green chillies, and mango powder. Mix well and cook till the vegetables are done. Keep the filling aside to cool.
3. Divide the dough equally into lemon-sized balls. Flatten each ball and roll out to make a thin 3" disc. Repeat the same procedure with the remaining balls.
4. Put a spoonful of the filling in half of the disc. Fold the other half over enclosing the filling, pressing the edges firmly to seal.
5. Heat the vegetable oil in a wok (*kadhai*); deep-fry the patties until golden brown. Remove with a slotted spoon and drain on absorbent kitchen towels.
6. Serve hot with tomato sauce.



Nimki

Flour crispies

Ingredients:

Refined flour (<i>maida</i>)	2½ cups / 250 gm / 9 oz
Ghee	2 tbsp / 30 gm / 1 oz
Salt	2 tsp / 8 gm
Water	4 tbsp / 60 ml / 2 fl oz
Onion seeds (<i>kalonji</i>)	4 tsp / 6 gm
Vegetable oil for frying	

Serves: 2-4

Method:

1. Mix together the refined flour, ghee, and salt.
2. Add the onion seeds and water; knead into a firm dough.
3. Divide the dough into small equal-sized balls.
4. Flatten the balls and roll them out into discs. Dust flour on both sides of the discs and then fold each into quarters (will be triangular in shape).
5. Heat the oil in a wok (*kadhai*); fry the quarters on medium heat till crisp and golden in colour. Remove and drain the excess oil.
6. Store in an airtight container; these can last for up to two weeks.

Phoolaura

Split black gram fritters

Ingredients:

Split black gram (<i>urad dal</i>)	
with skin	1¼ cups / 250 gm / 9 oz
Asafoetida (<i>hing</i>)	a pinch
Cumin (<i>jeera</i>) seed, ground	½ tsp / 1 gm
Ginger (<i>adrak</i>), scraped, ground	1 tsp / 6 gm
Green chillies, ground (optional)	2-3
Salt to taste	
Mustard (<i>sarson</i>) oil for frying	

Serves: 2-4

Method:

1. Soak the split black gram overnight. Next morning rub between your palms till the skin comes out. Grind to a paste.
2. Add all the ingredients to the paste and mix with wet hands till the mixture is very light and fluffy.
3. Heat the oil till it starts smoking; lower heat and drop a full tsp of the mixture. Fry till brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
4. Serve as a snack.



Bharwan Pappad

Vegetable poppadom rolls

Ingredients:

Poppadoms (<i>pappad</i>), medium-sized	4
Carrot (<i>gajar</i>), medium-sized, chopped	1
Potato, medium-sized, chopped	1
Cauliflower (<i>phool gobhi</i>), chopped	100 gm / 3½ oz
French beans, chopped	6
Tomatoes, chopped	1
Red chilli powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Salt to taste	
Vegetable oil for frying	

Method:

1. Boil the first four vegetables with a pinch of salt till ¾ done. Drain and keep the vegetables aside to dry.
2. Fry the tomatoes in 1 tbsp oil. Add the boiled vegetables, turmeric powder, red chilli powder and green coriander. Mix well. Remove and keep aside to cool. Divide the mixture equally into 4 portions.
3. Take a poppadom and dip it in water (so that it becomes pliable). Put one portion of this mixture along the centre and roll. Press the ends well to seal. Repeat with the other poppadoms.
4. Heat the oil in a wok (*kadhai*); deep-fry the rolls till crisp. Remove immediately and serve hot.

Serves: 4

Kali Mirch Pappad

Black pepper poppadoms

Ingredients:

Black pepper poppadoms (<i>kali mirch pappad</i>)	
(available in any Indian grocery store)	12
Vegetable oil for deep-frying (optional)	

Serves: 4-6

Method:

1. The poppadoms can be cooked in different ways. If being deep-fried, heat the oil in a wok (*kadhai*) until smoking; slide in 3 poppadoms. Shake them gently with a pair of tongs and remove after 30 seconds. Drain the excess oil on absorbent kitchen towels. With practise and depending on the size of the wok, several poppadoms can be fried simultaneously.
2. The poppadoms can also be roasted directly over the stove.
3. They can also be cooked in a microwave on high for 40 seconds to 1½ minutes.
4. Serve at room temperature. Store in airtight containers.



Masala Pappad

Spicy poppadoms

Ingredients:

Plain poppadoms (<i>pappad</i>),	
(available in any Indian grocery store)	10
Pomegranate seeds (<i>anar dana</i>)	2 tsp / 6 gm
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Red chilli powder	½ tsp / 1 gm
Black salt (<i>kala namak</i>)	1 tsp / 2 gm
Vegetable oil for deep-frying	

Method:

1. Heat the oil in a wok (*kadhai*); deep-fry the poppadoms. Remove with a slotted spoon or tongs and drain the excess oil on absorbent kitchen towels. Arrange them on a flat basket or tray and keep aside.
2. Lightly roast the pomegranate seeds, cumin seeds, and red chilli powder. Then grind into a fine powder. Mix in the rock salt and sprinkle over the fried poppadoms.

Serves: 4

Makuni Litty

Baked bread stuffed with chickpea flour

Ingredients:

Wholewheat flour (<i>atta</i>)	3 cups / 300 gm / 11 oz
Roasted chickpea flour (<i>sattoo</i>)	1 cup / 100 gm / 3½ oz
Mustard (<i>sarson</i>) oil	2 tsp / 10 ml
Salt to taste	
Red chilli powder to taste	

Serves: 4-6

Method:

1. Knead the wholewheat flour with water till soft. Divide the dough to make 5 cm balls.
2. In a bowl, mix the roasted chickpea flour, mustard oil, salt, and red chilli powder. Keep the filling aside.
3. Take a ball, make a deep depression with your thumb and add 2 tsp of the filling. Pinch the edges to seal. Repeat with the other balls.
4. Bake the stuffed balls on charcoal embers turning them constantly so that they are uniformly baked and a light coloured crust is formed.
5. Serve hot with ghee, thick dal, and vegetables.



Bhutta Sika Hua

Roasted corn on corb

Ingredients:

Corn (<i>bhutta</i>) on corb, fresh, tender, peeled	6
Butter, optional	
Salt	3 tsp / 12 gm
Red chilli powder	2 tsp / 4 gm
Lemon (<i>nimbu</i>), halved	1

Serves: 6

Method:

1. Place the corn directly on the fire. Keep rotating it so that it cooks evenly. Remove when brown.
2. Smear with butter, salt, and red chilli powder and rub the lemon over it.
3. Serve warm.

Note: The best result is obtained by cooking the corn on embers of charcoal fire or the barbecue.

Lukmi

Stuffed flour rectangles

Ingredients:

For the dough:

Refined flour (<i>maida</i>)	2 cups / 200 gm / 7 oz
Salt to taste	
Yoghurt (<i>dahi</i>)	1 tbsp / 30 gm / 1 oz
Ghee or vegetable oil	2 tbsp / 30 gm / 1 oz

For the filling:

Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onion, chopped	2 tbsp / 24 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Lamb, minced	350 gm / 12 oz
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm
Green chillies, chopped	2 tsp
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Salt to taste	
Red chilli powder to taste	

Vegetable oil for deep-frying

Method:

1. **For the filling**, heat the oil in a wok (*kadhai*); add the onion and sauté till brown. Then add garlic and ginger pastes. Fry till the oil comes to the surface. Add the lamb mince and cook for 10 minutes. Add the rest of the ingredients and cook for 5 minutes more. Keep the filling aside to cool.
2. **For the dough**, mix the flour and salt together. Add the yoghurt, ghee or oil, and sufficient water to make a stiff dough.
3. Divide the dough into equal parts and shape into rounds. Then roll them out in strips 8-10 cm long and about 6 cm wide. Place 1 tbsp of the filling in the centre of each rectangle and fold it into approximately 6 cm by 4 cm in size. Press and seal the edges after wetting them a bit.
4. Heat the oil in a wok (*kadhai*); fry the rectangles on medium heat until cooked. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.

Serves: 4-6



Aloo Kabli

Potato and chickpea delight

Ingredients:

Potatoes, boiled, peeled, diced	300 gm
Chickpeas (<i>kabuli chana</i>), soaked overnight	1 cup / 150 gm / 5 oz
Mango powder (<i>amchur</i>)	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Black salt (<i>kala namak</i>)	1 tsp / 4 gm
Red chilli powder	½ tsp / 1 gm
Lemon (<i>nimbu</i>) juice	½ tsp / 2½ ml
Salt to taste	

For the garnish:

Ginger (<i>adrak</i>), julienned	1 tbsp / 24 gm
Green chillies, finely sliced	1 tbsp
Lemon, cut into wedges	

Method:

1. Drain the chickpeas and pressure cook with 2 cups water for about 10 minutes or till soft. Drain and keep aside.
2. Mix all the ingredients thoroughly in a bowl.
3. Serve cold garnished with ginger, green chillies, and lemon wedges.

Serves: 2-4

Pao Bhaji

Mashed potatoes served with bread rolls

Ingredients:

Potatoes, boiled, peeled, diced	1 kg / 2.2 lb
Ghee or vegetable oil	1 cup / 200 ml / 7 fl oz
Tomatoes, washed, diced	400 gm / 14 oz
Onions, finely chopped	½ cup / 60 gm / 2 oz
Green chillies, chopped, with or without seeds	6
Ginger (<i>adrak</i>), peeled, minced	1½ tbsp / 27 gm
Turmeric (<i>haldi</i>) powder	1½ tsp / 3 gm
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Ginger paste	2 tsp / 12 gm
Water	1 cup / 250 ml / 8 fl oz
Butter	¾ cup / 150 gm / 5 oz
Garam masala	2 tsp / 4 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 cup / 25 gm
Lemon (<i>nimbu</i>) juice	3 tbsp / 45 ml / 1½ fl oz
Bread rolls (<i>pao</i>), cut horizontally	12

Method:

1. Heat the ghee or oil in a large griddle (*tawa*) or heavy-bottomed frying pan; add the tomatoes, onions, green chillies, ginger, and turmeric powder. Stir-fry for 4-5 minutes on medium heat.
2. Add the potatoes, red chilli powder, and salt. Mix thoroughly and continue to cook on low heat, mashing and stirring for 6-7 minutes with a metal spatula. Alternately, add the garlic and ginger paste each diluted in ½ cup of water. Increase heat and add 4 tbsp butter. Mix well.
3. Lastly, add the garam masala, green coriander, and lemon juice. Stir well.
4. Before serving, coat the bread roll halves with the remaining butter and fry them face down on the griddle or frying pan until they are lightly browned. Serve these bread rolls with the *bhaji* (potato mixture).

Serves: 6-8



Moongphalli Masaledar

Spicy groundnuts

Ingredients:

Groundnuts (<i>moongphalli</i>), with skin	300 gm / 11 oz
Vegetable oil	1 tbsp / 15 ml
<i>Chaat</i> masala	1 tbsp / 4 gm
Salt to taste	
Red chilli powder to taste	

Method:

1. Dry roast the groundnuts first in a wok (*kadhai*). Heat the oil and fry the groundnuts till they turn light brown. Stir in the rest of the ingredients. Mix well.
2. Serve warm.

Serves: 4

Bhavnagari Gantia

Fried gram flour crispies

Ingredients:

Bengal gram flour (<i>besan</i>)	1 cup / 100 gm / 3½ oz
Vegetable oil	1 tbsp / 15 ml
Black pepper (<i>kali mirch</i>) powder	¼ tsp / ½ gm
Red chilli powder	¼ tsp / ½ gm
Asafoetida (<i>hing</i>)	a pinch
Soda bicarbonate	2 pinches
Salt to taste	
Water	4 tbsp / 60 ml / 2 fl oz
Vegetable oil for deep-frying	

Serves: 4-6

Method:

1. Mix the Bengal gram flour and oil with black pepper powder, red chilli powder, and asafoetida.
2. Dissolve the soda bicarbonate and salt in water and then boil it at once. When this mixture cools, mix it with the Bengal gram flour mixture. Add enough water to make a stiff batter.
3. Heat the oil in a pan; put the batter in a mould with holes and press over the oil. Fry till golden and crisp. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
4. Cool and store in airtight containers.



Pesarattu

Green gram pancakes flavoured with ginger

Ingredients:

Green gram (<i>moong dal</i>), soaked for 2 hours	1 cup / 150 gm / 5 oz
Onions, chopped	2 tbsp / 24 gm
Green chillies	2
Salt to taste	
Red chilli powder to taste	
Vegetable oil for frying	
Ginger (<i>adrak</i>), julienned	2 tbsp / 50 gm / 1¾ oz

Serves: 4

Method:

1. Coarsely grind the green gram, onions, green chillies with salt, and red chilli powder.
2. Heat 2 tsp oil on a flat pan; spread about 2 tbsp of the green gram mixture to make a 10 cm flat pancake. Sprinkle some ginger on top. When the side turns golden, turn over and fry the other side as well. Add a little oil, if necessary. Repeat till all the batter is used up.
3. Serve hot.

Dal Kabuli

Lemon-flavoured pulses

Ingredients :

Split black gram (<i>urad dal</i>), washed, soaked in water for 3 hours	1¼ cups / 250 gm / 9 oz
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Garlic (<i>lasan</i>) paste	6 tsp / 36 gm
Red chilli powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	5 tsp / 8 gm
Tomatoes, chopped	3½ cups
Green coriander (<i>hara dhaniya</i>), chopped	½ cup / 12 gm
Green chillies, chopped	6
Ginger (<i>adrak</i>), chopped	8 tsp / 48 gm / 1¾ oz
Unsalted butter	4 tbsp / 80 gm / 2¾ oz
Garam masala	2 tsp / 4 gm
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Salt to taste	

Method :

1. Boil the split black gram in 3 lt / 96 fl oz of water and cook until tender. Drain the excess water.
2. Heat the ghee / oil in a pan; add garlic paste and fry until golden brown. Add red chilli powder and coriander powder. Stir for a few seconds, then add the tomatoes. Bring to the boil and add green coriander, green chillies, and ginger. Cook on medium heat until the oil surfaces.
3. Add the black gram and stir for 5 minutes. Put in salt, add the butter and stir until fully absorbed. Add the garam masala and lemon juice. Add ½ cup water and cook on medium heat for another 5 minutes, mashing the black gram against the sides of the pan.

Serves: 4-6



Dal Lucknavi

Tangy red gram

Ingredients :

Split red gram (<i>arhar dal</i>)	1 cup / 160 gm / 5 oz
Water	4 cups / 1 lt / 32 fl oz
Salt to taste	
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Butter	½ cup / 100 gm / 3½ oz
Cream	½ cup / 100 ml / 3½ fl oz
Yoghurt (<i>dahi</i>), whisked	1 cup / 200 gm / 7 oz
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Onions, finely chopped	1 cup / 120 gm / 4 oz
Garlic, chopped	1 tbsp / 12 gm
Lemon (<i>nimbu</i>) juice	3 tsp / 15 ml
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm

Serves: 4-6

Method :

1. Wash the split red gram and boil in 1 lt / 32 fl oz water with salt, red chilli powder, and turmeric powder. Cook until the gram is tender and the grain is broken and the mixture is semi-thick.
2. Reduce heat and add the garlic paste; uncover the pan and cook for a further 10 minutes, stirring all the time.
3. Add half the butter, cream, and yoghurt. Stir until all these ingredients are completely absorbed. Cover the pan and cook for a further 10 minutes.
4. While the mixture is cooking, heat the remaining butter in another pan. When heated, add the cumin seeds and sauté until they crackle. Add the onions and garlic and fry until they become translucent; then add to the gram mixture and stir.
5. Cook for another 5 minutes. Add the lemon juice and black pepper powder; stir.

Dhaba Dal

Rich and buttery split black gram

Ingredients:

Split black gram (<i>urad dal</i>)	2 cups / 300 gm / 9 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	2 tsp / 4 gm
Salt to taste	
For the <i>baghar</i> (tempering):	
Unsalted butter	¾ cup / 150 gm / 5 oz
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Onions, chopped	1 cup / 120 gm / 4 oz
Green chillies, halved	6 / 18 gm
Ginger (<i>adrak</i>), chopped	1 tbsp / 25 gm
Garam masala	2 tsp / 4 gm
Tomatoes, chopped	½ cup
Lemon (<i>nimbu</i>) juice	¼ cup / 50 ml / 1¾ fl oz
Butter	1 tbsp / 20 gm
Ginger paste	1 tsp / 6 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm

Method:

1. Wash and clean the split black gram and boil in water, adding turmeric powder, red chilli powder, and salt. Cook until tender. Drain any excess water. Keep aside.
2. Heat the unsalted butter; add cumin seeds and sauté until they crackle. Add the onions, green chillies, and ginger. Fry until brown in colour. Add the boiled black gram.
3. Put in the garam masala, tomatoes, and lemon juice. Stir for a minute. Add the ginger and garlic pastes. Mix well. Add ½ cup water and bring to the boil. Add ¼ cup butter and stir until completely absorbed.

Serves: 4-6



Rajmah

Red kidney beans topped with butter

Ingredients:

Red kidney beans (<i>rajmah</i>), soaked for 3 hours, washed, drained	500 gm / 1.1 lb
Water	16 cups / 4 lt / 128 fl oz
Green cardamom (<i>choti elaichi</i>)	7
Black cardamom (<i>badi elaichi</i>)	5
Cinnamon (<i>dalchini</i>), 2" sticks	4
Turmeric (<i>haldi</i>) powder	3 tsp / 6 gm
Ginger powder (<i>sonth</i>)	1½ tsp / 3 gm
Salt to taste	
Garlic (<i>lasan</i>) water	2 tbsp / 30 ml / 1 fl oz
Kashmiri red chilli powder, dissolved in 2 tbsp water	1½ tsp / 3 gm
Butter	2½ tbsp / 50 gm / 1¾ oz

Method:

1. In a deep pan, boil the red kidney beans with sufficient water. When soft, remove the pan from the heat and drain the liquid.
2. In the same pan, add the boiled kidney beans, water, green and black cardamom, cinnamon sticks, turmeric powder, ginger powder, salt, garlic water, and red chilli water. Bring the mixture to the boil. Cover and boil on low heat until the beans are tender and semi-dry. Add more water, if required.
3. Top with butter. Serve hot with steamed rice.

Serves: 6-8

Dhan Dar

Split red gram tempered with garlic

Ingredients :

Split red gram (<i>arhar dal</i>)	½ cup / 80 gm / 2¾ oz
Salt	¼ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	¼ tsp / ½ gm
For the tempering:	
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Green chillies	2
Salt	a pinch
Garlic (<i>lasan</i>) paste	¼ tsp / 1½ gm
or Garlic cloves, chopped	4-5
Cumin (<i>jeera</i>) seeds or powder	¼ tsp / ½ gm

Serves: 4-6

Method :

1. Soak the split red gram in 2-3 cups water with salt and turmeric powder for at least 20 minutes. Most of the water should be absorbed.
2. Transfer the split red gram into a pressure cooker. Add water, about ½" above the dal level. Cook on high heat. After the first whistle, turn heat to low and cook for 5 minutes. Keep aside to cool.
3. Whisk or blend, adding water, if required. Return the cooker to heat and bring it to the boil.
4. **For the tempering**, heat the oil in a pan till smoking; lower heat, sauté all the ingredients till golden. Remove from heat, pour into the dal, and cover immediately to prevent the aroma from escaping.
5. Simmer for 2-3 minutes before serving, garnished with fried onions and a dollop of butter.



Khatti Tur Dal

Tangy red gram

Ingredients :

Split red gram (<i>arhar dal</i>)	1 cup / 160 gm / 5 oz
Water	2 cups / 500 ml / 16 fl oz
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Grind to a paste:	
Ginger (<i>adrak</i>), 1" piece	1
Garlic (<i>lasan</i>), cloves	5
Black peppercorns (<i>sabut kali mirch</i>)	8
Cinnamon (<i>dalchini</i>), 1" stick	1
Coriander (<i>dhaniya</i>) seeds	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Green chillies, slit	4
Ghee	2 tbsp / 30 gm / 1 oz
Asafoetida (<i>hing</i>)	1 grain
Sugar / Jaggery (<i>gur</i>)	1 tsp / 3 gm
Tomatoes, blanched, seeds removed	2
Juice of lemon (<i>nimbu</i>)	1
Green coriander (<i>hara dhaniya</i>), chopped	1 bunch

Method :

1. Boil the split red gram in water with turmeric powder and salt for 25 minutes or till a thick soup-like consistency is obtained.
2. Grind the ingredients mentioned to a fine paste.
3. Heat the ghee in a pan; add asafoetida, sugar / jaggery, and tomatoes; sauté for 2 minutes. Add the paste and stir-fry for 5 minutes on low heat.
4. Add the red gram and cook till thick. Mix in the lemon juice. Serve garnished with green coriander.

Serves: 2-4

Dal Makhani

Rich and creamy black gram

Ingredients:

Whole black gram (<i>urad dal</i>)	1¾ cups / 250 gm / 9 oz
Tomato paste	1 cup / 200 gm / 7 oz
Tomato purée	2½ cups / 500 ml / 16 fl oz
Cream	1¼ cups / 250 ml / 8 fl oz
Ghee	1 tbsp / 15 gm
Ginger (<i>adrak</i>), 1" piece, julienned	1
White butter	2½ tbsp / 50 gm / 1¾ oz
Cream	1 tbsp / 15 ml

Serves: 4-6

Method:

1. In a heavy-bottomed pan, boil 6 cups water. Add the black gram and cook on medium heat till the grains are just a little tender and begin to split.
2. Add the tomato paste, tomato purée, and cream; simmer (adding hot water if necessary) for 2 hours or more till the black gram is soft and the mixture turns a rich red in colour.
3. Heat the ghee in a wok (*kadhai*); sauté the ginger and add to the black gram mixture.
4. Add a dollop of white butter; serve hot garnished with a swirl of cream.



Hing Dal

Split green gram flavoured with asafoetida

Ingredients:

Split green gram (<i>dhuli moong dal</i>), soaked for 30 minutes, drained	1 cup / 200 gm / 7 oz
Ghee	2 tbsp / 30 gm / 1 oz
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Asafoetida (<i>hing</i>)	a pinch
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Water	2 cups / 500 ml / 16 fl oz

Serves: 6

Method:

1. Heat the ghee in a pressure cooker; add cumin seeds and asafoetida. When the seeds start spluttering add the split green gram. Sauté for 2 minutes.
2. Add turmeric powder, salt, and 2 cups water. Mix well and close the pressure cooker. Cook till 3 whistles. Remove from heat and allow the pressure to release slowly.
3. Mix the green gram mixture with a ladle and serve hot with steamed rice.

Surati Dal

Red gram cooked with tomatoes and groundnuts

Ingredients:

Split red gram (<i>arhar dal</i>)	$\frac{3}{4}$ cup / 100 gm / $3\frac{1}{2}$ oz
Tomatoes, medium-sized, grated	2
Groundnuts (<i>moongphalli</i>), unroasted, with skin removed	8-10
Green chillies	2
Jaggery (<i>gur</i>)	1 tbsp / 20 gm
Curry leaves (<i>kadhi patta</i>)	6-8
Turmeric (<i>haldi</i>) powder	$\frac{1}{2}$ tsp / 1 gm
Red chilli powder	$\frac{1}{2}$ tsp / 1 gm
Salt to taste	
Ghee	2 tsp / 10 gm
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Asafoetida (<i>hing</i>)	a pinch
Juice of lemon (<i>nimbu</i>)	1
Green coriander (<i>hara dhaniya</i>), for garnishing	

Method:

1. Boil the split red gram and the tomatoes in $2\frac{1}{2}$ cups water for 15 minutes or till soft. Stir constantly till a smooth consistency is obtained.
2. Add the groundnuts, green chillies, jaggery, curry leaves, turmeric powder, red chilli powder, and salt. Bring the mixture to the boil.
3. Heat the ghee in a small pan; add mustard seeds; when they splutter, add asafoetida. Remove from heat and add this tempering to the cooked split red gram. Bring the mixture to the boil again; mix in the lemon juice.
4. Serve hot garnished with green coriander.

Serves: 3-4



Khatta Mag

Sweet and sour green gram

Ingredients:

Whole green gram (<i>moong dal</i>), soaked in warm water for 1 hour	$1\frac{1}{2}$ cups / 200 gm / 7 oz
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Green chillies, ground	2
Ginger (<i>adrak</i>), 1" piece, ground	1
Turmeric (<i>haldi</i>) powder	$\frac{1}{2}$ tsp / 1 gm
Red chilli powder	1 tsp / 2 gm
Cumin-coriander (<i>jeera-dhaniya</i>) powder	1 tsp / $1\frac{1}{2}$ gm
Jaggery (<i>gur</i>)	$\frac{1}{2}$ tsp / 5 gm
Salt to taste	
For the tempering:	
Vegetable oil	1 tbsp / 15 ml
Mustard seeds (<i>rai</i>)	$\frac{1}{2}$ tsp / $1\frac{1}{2}$ gm
Cumin seeds	$\frac{1}{2}$ tsp / 1 gm
Asafoetida (<i>hing</i>)	$\frac{1}{4}$ tsp / 1 gm

Method:

1. Add 3 cups water to the whole green gram and pressure cook for 10 minutes or until it is well cooked. Remove from heat and whisk till it is well mixed and smooth.
2. Reheat the green gram and add yoghurt, green chillies, ginger, turmeric powder, red chilli powder, cumin-coriander powder, jaggery, and salt. Simmer for 10 minutes.
3. **For the tempering**, heat the oil in a pan; add mustard seeds. When they start crackling, add cumin seeds and asafoetida.
4. Mix in the green gram mixture, and adjust seasoning. Simmer for 5 minutes and serve hot.

Serves: 5-6

Meethi Dal

Sweet and tangy split red gram

Ingredients:

Split red gram (<i>arhar dal</i>), soaked for 1 hour	1 cup / 160 gm / 5 oz
Water	3 cups / 750 ml / 24 fl oz
For the tempering:	
Ghee	2 tbsp / 30 gm / 1 oz
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
Asafoetida (<i>hing</i>)	a pinch
Groundnuts (<i>moongphalli</i>), unroasted, with skin removed	12
Curry leaves (<i>kadhi patta</i>)	15
Jaggery (<i>gur</i>)	1 tbsp / 20 gm
Juice of lemon (<i>nimbu</i>)	1
Cocum / Tamarind (<i>imli</i>) extract	3 pcs / 1 tbsp
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder	½ tsp / 1 gm
Coriander-cumin (<i>dhaniya-jeera</i>) powder	1 tsp / 1½ gm
Salt to taste	

Method:

1. Pressure cook the split red gram in 2 cups water till 3 whistles. Release the pressure and open the lid carefully. Whip until thick; mix in 1 cup water.
2. **For the tempering**, heat the ghee in a pan; sauté the tempering ingredients for a few seconds, and pour over the boiled red gram.
3. Add the remaining ingredients and cook covered for 10 minutes on medium heat. Serve hot.

Serves: 3-4



Bhaja Moong Dal

Broiled green gram

Ingredients:

Split green gram (<i>moong dal</i>), washed	200 gm / 7 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Aniseed (<i>saunf</i>)	2 tsp / 4 gm
Cloves (<i>laung</i>)	3
Green chillies, slit	3
Sugar	1 tsp / 3 gm
Salt to taste	

Serves: 4

Method:

1. Broil the split green gram on a griddle (*tawa*) till golden brown.
2. Boil 2 cups water and cook the split green gram till soft.
3. Heat the oil in a small pan; add aniseed, cloves, and green chillies. Sauté just for a few seconds and then add to the split green gram.
4. Add the sugar and salt, stir well and serve immediately.

Narkel Chola Dal

Bengal gram with coconut

Ingredients:

Bengal gram (<i>chana dal</i>)	200 gm / 7 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Aniseed	1 tsp / 2 gm
Cinnamon (<i>dalchini</i>), 1" stick	1
Coconut (<i>nariyal</i>), fresh, thin small pieces	4 tsp / 8 gm
Salt	1 tsp / 4 gm
Sugar	2 tsp / 6 gm

Method:

1. Boil the Bengal gram with turmeric powder and water till done.
2. Heat the oil and sauté aniseed and cinnamon stick. Add coconut and sauté further for 5 minutes.
3. Add the boiled Bengal gram and then cook for 10 minutes.
4. Mix in the salt and sugar. Serve hot.

Serves: 2-4



Kali Dal

Traditional whole black gram

Ingredients:

Whole black gram (<i>sabut urad dal</i>)	1 ² / ₃ cups / 250 gm / 9 oz
Ginger (<i>adrak</i>), 1" piece	1
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Salt to taste	
Ghee	2 tbsp / 30 gm / 1 oz
Asafoetida (<i>hing</i>)	a pinch
<i>Jimmu</i> (see p. 9), optional	½ tsp / 2 gm
Garlic (<i>lasan</i>), chopped	2 tsp / 6 gm
Dry red chillies (<i>sookhi lal mirch</i>), halved	3-4

Serves: 2-4

Method:

1. Pick, clean, wash the whole black gram. Soak in water for an hour. Grind the ginger and cumin seeds together. Keep aside.
2. Cook the whole black gram in an iron pan with ginger-cumin seed paste and salt. Add just enough water to cover the whole black gram.
3. When the whole black gram is cooked, mash with the back of a ladle till well mixed. Remove from heat.
4. Heat the ghee in a pan; add asafoetida, *jimmu*, garlic, and dry red chillies. When the chillies turn brown, pour this spice mixture over the whole black gram and cover. Serve hot.

Chaneko Moong Ko Dal

Garlic-flavoured split green gram

Ingredients :

Split green gram (<i>dhuli moong dal</i>)	¾ cups / 250 gm / 9 oz
Salt to taste	
Turmeric (<i>haldi</i>) powder	½ tsp / 3 gm
Ginger (<i>adrak</i>), peeled, sliced	½" piece
Green cardamom (<i>choti elaichi</i>)	3
Cloves (<i>laung</i>)	4
Ghee	1 tbsp / 15 gm
Cumin (<i>jeera</i>) seeds	½ tsp / 3 gm
Asafoetida (<i>hing</i>), crushed	a pinch
<i>Jimmu</i> (see p. 9), optional	½ tsp / 3 gm
Garlic (<i>lasan</i>), thinly sliced	1 tsp / 3 gm

Method :

1. Wash and soak the split green gram for ½ an hour.
2. Heat 5 cups water; add salt, turmeric powder, ginger, green cardamom, and cloves. When the water starts boiling, add green gram (drained). Cook till done. Remove from heat and keep aside to cool a little.
3. Then remove the ginger, cloves, and green cardamom. Strain the green gram through a thick cloth, pushing with a ladle. The strained mixture will be thick and smooth.
4. Heat the ghee in a pan; add asafoetida, cumin seeds, and garlic. When the garlic turns brown, add *jimmu*. Pour this mixture over the green gram and serve hot.

Serves: 4



Chane Ki Dal

Bengal gram flavoured with tomatoes

Ingredients :

Split Bengal gram (<i>chana dal</i>)	1 cup / 160 gm / 5 oz
Split black gram (<i>urad dal</i>)	½ cup / 75 gm / 2½ oz
Black cardamom (<i>badi elaichi</i>)	3
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	¼ tsp / 1 gm
Salt to taste	
Ghee	½ cup / 100 gm / 3½ oz
Onions, chopped	½ cup / 60 gm / 2 oz
Garlic (<i>lasan</i>), chopped	2 tsp / 6 gm
Tomatoes, chopped	200 gm / 7 oz
Red chilli powder	2 tsp / 4 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Ginger (<i>adrak</i>), chopped	3 tsp / 18 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Garam masala	1 tsp / 2 gm
Green chillies, chopped	5
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method :

1. Boil the split Bengal gram and black gram in 3 cups water with black cardamom, turmeric powder, asafoetida, and salt. Cook till tender. Keep aside.
2. Heat the ghee in a wok (*kadhai*); add onions and garlic; fry till light brown.
3. Add the remaining ingredients (except green coriander). Cook till the tomatoes turn soft. Add this to the split Bengal gram mixture. Mix well.
4. Serve hot, garnished with green coriander.

Serves: 2-4

Dal-Bati-Choorma

Pulses-bread-dessert delight

Ingredients:

PANCHMELA DAL

Black gram (<i>urad dal</i>)	2 tbsp / 50 gm / 1¾ oz
Bengal gram (<i>chana dal</i>)	2 tbsp / 50 gm / 1¾ oz
Green gram (<i>moong dal</i>)	3 tbsp / 50 gm / 1¾ oz
Red gram (<i>arhar dal</i>)	2 tbsp / 50 gm / 1¾ oz
Lentil (<i>masoor dal</i>)	¾ tbsp / 50 gm / 1¾ oz
Salt to taste	
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Water	1 cup / 250 ml / 8 fl oz
Ghee	5 tbsp / 75 gm / 2½ oz
Asafoetida (<i>hing</i>)	a pinch
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Cloves (<i>laung</i>)	5
Onions, chopped	2
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Red chilli powder	1 tsp / 2 gm
Ginger, chopped	2 tsp / 12 gm
Green chillies, chopped	1 tsp / 2 gm
Tomatoes, medium-sized, chopped	3
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Ginger, julienned	1 tbsp / 24 gm
Green chillies, julienned	4

BATI (MAKES: 14-16 PIECES)

Refined flour (<i>maida</i>), sieved	2½ cups / 250 gm / 9 oz
Salt to taste	
Ginger paste	1 tbsp / 18 gm
Garlic paste	1 tbsp / 18 gm
Green chillies, ground to a paste	3
Ghee	2½ cups / 500 gm / 1.1 lb

CHOORMA

Bati without ginger-garlic	10
Ghee	1¼ cups / 250 gm / 9 oz
Sugar, powdered	1 cup / 150 gm / 5 oz
Green cardamom (<i>choti elaichi</i>), powdered	8
Almonds (<i>badaam</i>), blanched	12

Method:

DAL

1. Mix the pulses, wash well, soak for half an hour.
2. Cook the pulses with salt, turmeric powder, and just enough water until tender.
3. Heat the ghee in a wok (*kadhai*); add asafoetida, cumin seeds, and cloves. Sauté on medium heat for a few seconds. Add onions and sauté till golden brown.
4. Add ginger-garlic paste and red chilli powder. Cook for 3-4 minutes.
5. Add ginger, green chillies, and tomatoes and cook till the mixture leaves the sides of the pan.
6. Add the boiled pulses, mix well and heat through. Serve hot after garnishing with green coriander, ginger and green chillies.

BATI

1. Mix the flour with salt, ginger-garlic paste, green chilli paste, and 4 tbsp ghee. Add just enough water to knead into a semi-hard dough.
2. Divide the dough into 2" diameter balls.
3. Place the balls on a greased tray and bake in a moderately hot oven for 10 minutes. Change sides and bake again for 10 minutes. It should be lightly browned with a few cracks when done.
4. Remove and dip in melted ghee. Serve hot.

CHOORMA

1. Dip the *bati* liberally in melted ghee. Keep aside for 5 minutes to cool.
2. Crush them coarsely; add sugar, 2 tbsp ghee and the green cardamom. Mix well.
3. To serve, either serve as a crushed mixture or roll into round balls which fit in the palm of the hand, garnished with slivers of almonds.

Serves: 2-4



Araitha Sambhar

Red gram with vegetables

Ingredients:

Red gram (<i>arhar dal</i>), soaked for 5 minutes	½ cup / 80 gm / 3¼ oz
Madras onions, chopped	50 gm / 1¾ oz
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Aubergines (<i>baingan</i>), diced	50 gm / 1¾ oz
Capsicum (<i>Shimla mirch</i>), diced	½
Drumstick (<i>saijan ki phalli</i>), diced	1
Potato, medium-sized, diced	1
Grind to a paste:	
Vegetable oil	2 tsp / 10 ml
Coconut (<i>nariyal</i>), grated	3 tbsp / 12 gm
Dry red chillies (<i>sookhi lal mirch</i>)	2
Fenugreek seeds (<i>methi dana</i>)	¾ tsp / 2 gm
Asafoetida (<i>hing</i>)	½ tsp / 2½ gm
Coriander (<i>dhaniya</i>) seeds	2½ tsp / 5 gm
Bengal gram (<i>chana dal</i>)	2 tsp / 10 gm
Cumin (<i>jeera</i>) seeds	¾ tsp

Tamarind (*imli*), extract ½ tsp / 3 gm

For the tempering:

Vegetable oil	1 tsp / 5 ml
Mustard seeds (<i>rai</i>)	¾ tsp / 2 gm
Cumin seeds	½ tsp / 1 gm
Aniseed (<i>saunf</i>)	½ tsp / 1 gm
Dry red chillies	2
Curry leaves (<i>kadhi patta</i>)	a few
Salt to taste	
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Boil the red gram, Madras onions, turmeric powder, and salt in 2 cups water. Keep aside.
2. Steam the aubergines, capsicum, drumstick, and potato. Keep aside.
3. Grind all the ingredients mentioned to a fine paste.
4. Add the steamed vegetables to the red gram mixture and cook for 10-12 minutes. Add the ground paste and the tamarind extract and cook for 5 minutes more on low heat.
5. **For the tempering**, heat the oil in a wok; add mustard seeds, cumin seeds, aniseed, dry red chillies, and curry leaves. Fry for a few seconds and then pour this into the above mixture. Add salt.
6. Serve hot, garnished with green coriander.

Serves: 2-4



Dal Moong-Masoor

Two-in-one dal

Ingredients:

Green gram (<i>moong dal</i>)	½ cup / 75 gm / 2½ oz
Lentil (<i>masoor dal</i>)	½ cup / 55 gm / 1¾ oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Ghee	½ cup / 100 gm / 3½ oz
Onions, chopped	½ cup / 60 gm / 2 oz
Garlic (<i>lasan</i>), chopped	2 tsp / 6 gm
Cumin (<i>jeera</i>)	1 tsp / 2 gm
Tomatoes, chopped	100 gm / 3½ oz
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Red chilli powder	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Boil the green gram and lentil in 2 cups water with turmeric powder and salt. Cook until tender. Keep aside.
2. Heat the ghee in a wok (*kadhai*); add onions, garlic, and cumin seeds. Fry till light brown.
3. Add the tomatoes, coriander powder, and red chilli powder; sauté till the tomatoes turn soft. Add this to the cooked green gram mixture. Mix well.
4. Serve hot, garnished with green coriander.

Serves: 2-4



Amritsari Dal

Split black gram flavoured with mint

Ingredients:

Split black gram (<i>urad dal</i>), soaked for 1 hour	1 cup / 150 gm / 5 oz
Bengal gram (<i>chana dal</i>), soaked for 1 hour	½ cup / 80 gm / 2¾ oz
Salt to taste	
Ginger (<i>adrak</i>), chopped	2 tbsp / 48 gm / 1½ oz
Garlic (<i>lasan</i>), chopped	2 tbsp / 24 gm
Unsalted butter	½ cup / 50 gm / 1½ oz
Ghee	½ cup / 100 gm / 3½ oz
Onions, chopped	½ cup / 60 gm / 2 oz
Green chillies, chopped	6
Tomatoes, chopped	50 gm / 1¾ oz
Mint (<i>pudina</i>) leaves	1 tbsp / 4 gm

Method:

1. Drain both the grams and cook in 5 cups water in a large pan; add salt. Bring to the boil, reduce heat and keep removing the scum that surfaces.
2. Add 1½ tbsp ginger and garlic each and unsalted butter. Cook covered until the mixed gram is tender and a little water remains. Remove and mash the mixture against the sides of the pan with a large spoon.
3. Heat the ghee in a pan; add onions and fry until light brown. Add the remaining ginger-garlic, green chillies, tomatoes, and mint leaves. Cook until the tomatoes are mashed. Pour this into the above mixture and stir. Serve hot.

Serves: 4-6

Khud Pukht Qureshi

A creamy lentil delicacy

Ingredients:

Lentil (<i>masoor dal</i>)	1 cup / 110 gm / 3½ oz
Water	4 cups / 1 lt / 32 fl oz
Salt to taste	
Yellow chilli powder	1 tsp / 2 gm
Garlic (<i>lasan</i>) paste	1 tbsp / 12 gm
Cream	½ cup / 100 ml / 3½ fl oz
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Butter	½ cup / 100 gm / 3½ oz
Garlic, chopped	1 tbsp / 12 gm
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Onions, chopped	½ cup / 60 gm / 2 oz
Dry red chillies (<i>sookhi lal mirch</i>)	4

Method:

1. Boil the lentil with water, salt, and yellow chilli powder till soft.
2. Add the garlic paste and cook for 10 minutes.
3. Pour in the cream and yoghurt and ¼ cup butter. Cook again for 10 minutes, stirring frequently so that the fat is incorporated into the lentil mixture.
4. Heat the remaining butter in a pan; add the garlic, cumin seeds, and onions; sauté for 2 minutes. Add the dry red chillies and sauté till brown. Pour this mixture into the boiled lentil. Serve hot.

Serves: 4



Kesar-e-Paneer

Cottage cheese in a thick tomato gravy flavoured with saffron

Ingredients:

Cottage cheese (<i>paneer</i>), cut into ½" cubes	700 gm / 25 oz
Tomatoes, chopped	1 kg / 2.2 lb
Ginger (<i>adrak</i>), chopped	1 tbsp / 24 gm
Garlic (<i>lasan</i>), chopped	2 tbsp / 24 gm
Red chilli powder	5 tsp / 10 gm
Green cardamom (<i>choti elaichi</i>)	2 gm
Ghee	¾ cup / 150 gm / 5 oz
Mace (<i>javitri</i>), powdered	1 tsp / 2 gm
Salt and black pepper (<i>kali mirch</i>) powder to taste	
Garam masala	5 tsp / 10 gm
Butter	5 tbsp / 100 gm / 3½ oz
Cream	½ cup / 100 ml / 3½ fl oz
Saffron (<i>kesar</i>), soaked, dissolved in 2 tsp water	a few strands

Method:

1. Boil the tomatoes with ginger, garlic, red chilli powder, and green cardamom. When the tomatoes turn soft, remove and keep aside to cool. Squeeze out the pulp; strain the tomato mixture.
2. Heat the ghee in a pan; add tomato purée and cottage cheese; let the mixture simmer for 10 minutes. Add mace powder, salt, black pepper, and garam masala; cook for 4-5 minutes.
3. Add the butter, and when it begins to melt add the cream. Mix well.
4. Add the saffron water and blend thoroughly.
5. Serve hot with a swirl of cream.

Serves: 4-6

Tamater Paneer

Golden fried cottage cheese in tomato sauce

Ingredients:

Cottage cheese (<i>paneer</i>), cut into ½"-thick pieces	500 gm / 1.1 lb
Vegetable oil for deep-frying	1¼ cups / 250 ml / 8 fl oz
Water	1½ cups / 375 ml / 12 fl oz
Cloves (<i>laung</i>)	3
Black cardamom (<i>badi elaichi</i>), crushed	2
Cinnamon (<i>dalchini</i>), 2" sticks	1
Bay leaves (<i>tej patta</i>)	2
Asafoetida (<i>hing</i>)	a pinch
Red chilli powder	1 tsp / 2 gm
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	3 tsp / 6 gm
Garam masala	1 tsp / 2 gm
Tomato purée	1¼ cups / 250 ml / 8 fl oz
Green chillies, sliced and salt to taste	

Method:

1. Heat the oil in a deep pan. Fry the cottage cheese until golden on the edges but not brown. Remove from the oil and soak in a pan of water.
2. Take a deep pot, reheat 4 tbsp oil. Add cloves, black cardamom, cinnamon sticks, bay leaves, and asafoetida. Lower heat and add red chilli powder mixed with 4 tsp of water.
3. Stir briskly on high heat for 30 seconds. Gently add the cottage cheese (with water), ginger and aniseed powders, garam masala, and salt. Cook for 10 minutes. Add the tomato purée, cook for 5-10 minutes, stirring carefully until the oil separates, remove from heat.
4. Garnish with green chillies and serve with rice.

Serves: 4-6



Chaman Olu

Cottage cheese and potatoes

Ingredients:

Cottage cheese (<i>paneer</i>)	500 gm / 1.1 lb
Potatoes, peeled, ½"-thick rounds	150 gm / 5 oz
Vegetable oil for frying	1 cup / 200 ml / 3½ fl oz
Water	1½ cups / 375 ml / 12 fl oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	2 tsp / 4 gm
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Black cardamom (<i>badi elaichi</i>), crushed	2
Yoghurt (<i>dahi</i>)	2 tbsp / 60 gm / 2 oz
Milk	3 tbsp / 45 ml / 1½ fl oz
Ghee	2 tbsp / 30 gm / 1 oz
Cloves (<i>laung</i>), crushed	3
Green cardamom (<i>choti elaichi</i>), crushed	3
Green chillies, sliced	2

Method:

1. Cut the cottage cheese into 1½" x 2" x ½" pieces.
2. Heat the oil in a pan; fry the cottage cheese until golden at the edges. Transfer to a pot with water. Fry the potatoes and keep them aside.
3. Heat the pot with the cottage cheese and water, increase heat. Add turmeric, ginger and aniseed powders, asafoetida, salt, black cardamom, and potatoes. Cook until the gravy is reduced to half. Add the yoghurt and milk (whisked together). Bring to the boil, stirring constantly for 5 minutes; then remove from heat.
4. Heat the ghee in a pan; sauté the cloves and green cardamom. Add to the mixture and serve garnished with green chillies.

Serves: 4

Paneer Kofta

Potato and cottage cheese dumplings in a rich sauce

Ingredients:

For the koftas:

Cottage cheese (<i>paneer</i>), grated	500 gm / 1.1 lb
Potatoes, boiled, mashed	3-4
Green coriander (<i>hara dhaniya</i>), chopped	3 tbsp / 12 gm
Mixed nuts, finely chopped	3 tbsp / 45 gm / 1½ oz
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Asafoetida (<i>hing</i>) powder	a pinch
Ginger (<i>adrak</i>), finely shredded	1 tbsp / 25 gm
Green chillies, deseeded, finely chopped	1-2
Mango powder (<i>amchur</i>)	½ tsp / 1 gm
Lemon (<i>nimbu</i>) juice	1 tsp / 5 ml
Salt	1½ tsp / 6 gm
Cornflour	2 tbsp / 20 gm

Vegetable oil for frying

For the gravy:

Cashew nuts (<i>kaju</i>) / Almonds (<i>badaam</i>) finely chopped	2⅔ tbsp / 45 gm / 1½ oz
Ginger, finely chopped	1 tbsp / 24 gm
Green chillies, chopped	2
Coriander (<i>dhaniya</i>) powder	1½ tsp / 3 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Turmeric powder	½ tsp / 1 gm
Water	1 cup / 250 ml / 8 fl oz
Ghee	5 tbsp / 75 gm / 2½ oz
Cumin seeds	1 tsp / 2 gm
Cinnamon (<i>dalchini</i>), 1" stick	1
Cloves (<i>laung</i>)	4
Tomatoes, finely chopped	600 gm / 22 oz
Salt to taste	
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. For the koftas, knead the cottage cheese till smooth and creamy. Add all the ingredients for the koftas. Knead till the mixture is well mixed.
2. Lightly grease your hands and divide the mixture into 12 portions. Roll each portion into a ball. Place them on a tray lined with plastic wrap.
3. Heat the oil in a wok (*kadhai*); slide in a few balls, at a time, and fry them until golden brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Keep aside.
4. For the gravy, make a smooth paste of cashew nuts or almonds, ginger, green chillies, coriander powder, cumin powder, turmeric powder with 2 tbsp water.
5. Moderately heat the ghee in a pan; stir-fry the cumin seeds, cinnamon stick, and cloves for 10 seconds. Add half the tomatoes and the prepared paste, cook until the mixture is dry and the oil separates. Add the remaining tomatoes, water, and salt. Cover the pan and simmer for 10-15 minutes or until the gravy has thickened.
6. Slide in the koftas and bring the gravy to the boil. Spoon the koftas out onto a serving dish. Then pour the gravy over them and garnish with green coriander. Serve hot.

Serves: 4



Shahi Paneer

Cottage cheese in an exotic curry

Ingredients :

Cottage cheese (<i>paneer</i>), cut into fingers	1 kg / 2.2 lb
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz
Cloves (<i>laung</i>)	6
Bay leaves (<i>tej patta</i>)	2
Cinnamon (<i>dalchini</i>), 1" sticks	3
Green cardamom (<i>choti elaichi</i>)	6
Onion paste	1 cup / 300 gm / 11 oz
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Red chilli powder	2 tsp / 4 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Cashew nut (<i>kaju</i>) paste	2 tsp / 20 gm
Salt to taste	
Red food colouring	a few drops
Yoghurt (<i>dahi</i>), whisked	1½ cups / 250 gm
Water, warm	½ cup / 125 ml / 4 fl oz
Sugar	2 tsp / 6 gm
Cream	½ cup / 100 ml / 3½ fl oz
Garam masala	1 tsp / 2 gm
Green cardamom powder	½ tsp / 1 gm
Mace (<i>javitri</i>) powder	1 tsp / 3 gm
Vetivier (<i>kewda</i>)	3 drops
Saffron (<i>kesar</i>), dissolved in 1 tbsp milk	a few strands
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method :

1. Heat the oil in a pan; add cloves, bay leaves, cinnamon sticks, and green cardamom. Sauté on medium heat. When they begin to crackle, add the onion paste and stir-fry for 2-3 minutes.
2. Stir in the ginger and garlic pastes, red chilli powder, turmeric powder, coriander powder, cashew nut paste, salt, and red colour.
3. Add the yoghurt, warm water, and sugar. Bring the mixture to a slow boil and then simmer until the oil separates.
4. Let the curry cool, remove the whole spices and blend to a smooth consistency.
5. Reheat the curry, stir in the cream, garam masala, cardamom powder, mace powder, vetivier, and saffron mixture.
6. Add cottage cheese and cook further for 5 minutes.
7. Serve hot garnished with green coriander.

Serves: 5-6



Paneer Akbari

Stuffed cottage cheese fingers in thick gravy

Ingredients:

Cottage cheese (*paneer*), cut into

16 finger-sized pieces 600 gm / 22 oz

For the filling:

Wholemilk fudge (*khoya*) 4 tsp / 25 gm

Cottage cheese, mashed 2 tbsp / 30 gm / 1 oz

Cashew nuts (*kaju*), chopped 2 tsp / 10 gm

Pickle masala 1 tsp / 5 gm

Tomato purée, thick 4 tsp / 20 gm

For the batter:

Cornflour 3 tbsp / 30 gm / 1 oz

Salt to taste

Yellow colour a few drops

Water as required

For the gravy:

Vegetable oil 2 tsp / 10 ml + for frying

Ginger-garlic (*adrak-lasan*) paste 2 tsp / 12 gm

Tomato purée, fresh 2½ cups / 500 ml / 16 fl oz

Salt to taste

Red chilli powder ½ tsp / 1 gm

White pepper (*safed mirch*) powder a pinch

Fenugreek (*methi*) powder a pinch

Garam masala 2 tsp / 4 gm

Butter 2 tsp / 10 gm

Cream 4 tsp / 20 ml

Method:

1. **For the filling**, mix together all the ingredients thoroughly. Stuff this filling between two cottage cheese fingers.
2. **For the batter**, mix together all the ingredients and make a smooth batter. Dip the cottage cheese sandwich in the batter and deep-fry in hot oil for 2-3 minutes. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Keep aside.
3. **For the gravy**, heat the oil in a pan; sauté the ginger-garlic paste for 2-3 minutes. Add the tomato purée and cook for 8-10 minutes until the mixture thickens. Add the seasoning and spices. Cook for 3-5 minutes. Stir in the butter and cream. Mix and remove from heat.
4. Arrange the fried cottage cheese sandwiches on a platter and pour the gravy on top.
5. Serve hot.

Serves: 4



Palak Paneer Kofta

Cottage cheese koftas in spinach curry

Ingredients :

For the koftas:

Cottage cheese (<i>paneer</i>), mashed	500 gm / 1.1 lb
Potatoes, boiled, mashed	250 gm / 9 oz
Cornflour	3½ tbsp / 35 gm / 1¼ oz
Salt to taste	
White pepper (<i>safed mirch</i>) powder	½ tsp / 1 gm
Vegetable oil for frying	

For the gravy:

Spinach (<i>palak</i>)	1 kg / 2.2 lb
Vegetable oil	3½ tbsp / 35 ml / 1¼ oz
Garlic (<i>lasan</i>), chopped	1 tsp / 3 gm
Tomato purée	½ cup / 100 ml / 3½ fl oz
Red chilli powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	½ tsp / ¾ gm
Salt to taste	
Water	2 cups / 500 ml / 16 fl oz
Garam masala	½ tsp / 1 gm

Serves: 4

Method :

1. For the koftas, mix together all the ingredients. Divide this mixture into 16 even-sized balls.
2. Heat the oil in a wok (*kadhai*); deep-fry the koftas, a few at a time, until golden brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Keep aside.
3. For the gravy, boil the spinach and when cool, blend to a purée.
4. Heat the oil in a wok; add the garlic and spinach purée; cook for about 2-3 minutes. Stir in the tomato purée and mix well.
5. Add the red chilli powder, turmeric powder, coriander powder, and salt. Cook for 4-5 minutes. Pour in the water and bring the mixture to the boil. Stir in the koftas, reduce heat and let the mixture simmer for 5-7 minutes. Stir in the garam masala and cook till the curry has reduced to half. Remove from heat.
6. Carefully remove the koftas with a spoon and place them on a serving dish. Pour the curry on top and serve hot with any Indian bread.



Quzar-e-Pukhtan

Cottage cheese in spicy tomato and cheese sauce

Ingredients :

Cottage cheese (<i>paneer</i>), cut into 1" cubes	800 gm / 28 oz
Tomatoes, quartered	200 gm / 7 oz
Salt to taste	
Red chilli powder	2 tsp / 4 gm
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Butter	½ cup / 100 gm / 3½ oz
Black cumin (<i>shahi jeera</i>) seeds	¼ tsp / 1 gm
Garam masala	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Mace (<i>javitri</i>) powder	a pinch
Processed cheese, grated	1 cup / 120 gm / 4 oz
Green coriander (<i>hara dhaniya</i>), chopped	2 tsp / 4 gm
Green cardamom (<i>choti elaichi</i>) powder	½ tsp / 1 gm

Method :

1. Boil the tomatoes with little water. Add salt, red chilli powder, ginger and garlic pastes. Cook for 10 minutes, remove from heat, cool and strain.
2. Melt the butter in a pan. Sauté the cottage cheese. Add the black cumin seeds and when it starts crackling, pour the tomato mixture. Add the garam masala, coriander powder, and mace powder. Add the cheese. Bring the mixture to the boil and simmer for 5 minutes on low heat.
3. Serve hot garnished with green coriander and cardamom powder.

Serves: 5-6

Ruwagan Chhaman

Cottage cheese in a flavourful tomato gravy

Ingredients:

Cottage cheese (<i>paneer</i>), fried, cut into	
2" x 1½" x 1" cubes	1 kg / 2.2 lb
Tomato purée, diluted with 3 cups	
water, 2 tsp salt and 1 tbsp	
garlic water	3 cups / 600 ml / 22 fl oz
Green cardamom (<i>choti elaichi</i>)	8
Cinnamon (<i>dalchini</i>), 1" sticks	4
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Ginger powder (<i>sonth</i>)	2 tsp / 4 gm
Onion paste, fried	1½ tsp / 9 gm
Black cardamom (<i>badi elaichi</i>)	4
Ghee	1 cup / 200 gm / 7 oz
Kashmiri red chilli powder, dissolved in	
¾ cup water	2 tsp / 4 gm
Dry cockscomb flowers (<i>mawal</i>),	
heated with 1 cup water,	
extract (see p. 11)	¾ cup / 150 ml / 5 fl oz
Dry mint (<i>pudina</i>) leaves	2 tsp / 4 gm
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Salt to taste	

Method:

1. In a pan, add the tomato purée mixture, green cardamom, cinnamon sticks, turmeric powder, ginger powder, onion paste, black cardamom, ghee, red chilli water, and 5 cups water. Cook the mixture until it is of a sauce-like consistency.
2. Add the cockscomb flower extract and bring the mixture back to the boil. Add the fried cottage cheese after first immersing it in cold water. Cook until it is well blended with the sauce.
3. Add the dry mint leaves and black cumin seeds, and cook for another 5 minutes.

Serves: 6



Aloo Tamater Tariwaala

Potato-tomato curry

Ingredients:

Potatoes, medium-sized, peeled, cut into	
chunks and immersed in water	5
Mustard (<i>sarson</i>) oil	½ cup / 100 ml / 3½ fl oz
Dry red chillies (<i>sookhi lal mirch</i>)	3
Coriander (<i>dhaniya</i>) seeds	1 tbsp / 6 gm
Asafoetida (<i>hing</i>)	½ tsp / 2½ gm
Tomatoes, coarsely chopped	3 cups
Turmeric (<i>haldi</i>) powder	1½ tsp / 3 gm
Red chilli powder	¾ tsp / 1½ gm
Salt to taste	
Green chillies, split, with the	
stems removed	6 / 18 gm
Green coriander (<i>hara dhaniya</i>),	
chopped	½ cup / 12½ gm

Method:

1. Heat the mustard oil till it starts smoking. Reduce heat, add dry red chillies and coriander seeds. When they start spluttering, add asafoetida, stir and add the tomatoes. Cook for 1 minute; add turmeric powder, red chilli powder, and salt. Cook until the tomatoes become soft, pulpy and well blended.
2. Add 1½ cups water, bring to the boil and add the drained potatoes and green chillies. Cook until they become tender and there is a lot of curry.
3. Serve garnished with green coriander.

Serves: 4

Dum Olav

Potatoes in a spicy red gravy

Ingredients:

Potatoes, unpeeled, 1" x 1½" pieces	750 gm / 26 oz
Vegetable oil	1 cup / 200 ml / 7 fl oz
Black cardamom (<i>badi elaichi</i>)	8
Green cardamom (<i>choti elaichi</i>)	8
Cloves (<i>laung</i>)	5
Cinnamon (<i>dalchini</i>), 2" sticks	5
Ginger powder (<i>sonth</i>)	3 tbsp / 12 gm
Aniseed (<i>saunf</i>) powder	3 tbsp / 12 gm
Bay leaves (<i>tej patta</i>)	5
Garlic (<i>lasan</i>), ground	1½ tsp / 9 gm
Cooked yoghurt (see p. 11)	½ cup / 100 ml / 3½ fl oz
Kashmiri red chilli powder, dissolved in 1 cup water	3 tsp / 6 gm
Onion paste, fried	1 tbsp / 25 gm
Salt to taste	
Turmeric (<i>haldi</i>) powder	1½ tsp / 3 gm
Dry cockscomb flowers, heated with ½ cup water, extract (see p. 11)	¼ cup / 50 ml / 1¾ fl oz
Black cumin (<i>shahi jeera</i>) seeds	¼ tsp

Method:

1. Boil the potatoes until tender. Keep aside to cool. Peel and pierce through them with a toothpick. Heat 1 cup oil and fry the potatoes on very low heat until they are reddish brown. Stir occasionally while frying. Remove and drain on kitchen towels.
2. In a pan, add the cardamom, cloves, cinnamon sticks, ginger powder, aniseed powder, bay leaves, garlic, cooked yoghurt, red chilli water, onion paste, and salt. Stir to make a homogenous paste.
3. Pour in 3 cups water, bring the mixture to the boil and cook for 3-4 minutes. Add the potatoes and turmeric powder. Reduce heat to low and cook covered for 5 minutes more. Add the cockscomb flower extract and cook until the oil separates. Mix in the black cumin seeds.

Serves: 6-8



Aloo Channa Dalna

Bengali potato and cottage cheese curry

Ingredients:

Potatoes, diced	200 gm / 7 oz
Cottage cheese (<i>paneer</i>), diced	250 gm / 9 oz
Vegetable oil	½ cup / 100 ml / 3½ oz
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Ginger (<i>adrak</i>) paste	4 tsp / 24 gm
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Tomatoes, diced	100 gm / 3½ oz
Water	1½ cups / 375 ml / 12 fl oz

Serves: 2-4

Method:

1. Heat half the oil in a pan; sauté the potatoes and cook partially till a skin is formed. Keep aside.
2. In the same oil, sauté the cottage cheese and then dip them into water.
3. Heat the remaining oil; add cumin seeds, turmeric powder, coriander powder, ginger paste, red chilli powder, and salt; sauté for some time.
4. Add the tomatoes and cook till the oil leaves the side of the wok.
5. Mix in the potatoes and cottage cheese and add water. Cook for 15 minutes or till the curry thickens.
6. Transfer to a serving dish and serve hot.

Aloo Poto! Dalna

Potato and parwar cooked with tomatoes

Ingredients:

Potatoes, diced	700 gm / 25 oz
Parwars (<i>parwal</i>)	200 gm / 7 oz
Mustard (<i>sarson</i>) oil	$\frac{3}{4}$ cup / 150 ml / 5 fl oz
Cloves (<i>laung</i>)	2
Green cardamom (<i>choti elaichi</i>)	2
Cinnamon (<i>dalchini</i>), 1" stick	1
Bay leaf (<i>tej patta</i>)	1
Black peppercorns (<i>sabut kali mirch</i>)	5
Tomatoes, chopped	4 tbsp / 60 gm / 2 oz
Salt to taste	
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	$\frac{1}{2}$ tsp / 1 gm
Water	1 cup / 250 ml / 8 fl oz

Method:

1. Heat the mustard oil in a wok (*kadhai*); sauté the potatoes and parwars. Drain the excess oil and keep aside.
2. To the same oil, add cloves, green cardamom, cinnamon stick, bay leaf, and black peppercorns. Sauté for a few seconds and then add the tomatoes. Cook for 2-3 minutes.
3. Add salt, turmeric powder, red chilli powder, potatoes, and parwars. Stir for a few seconds.
4. Add water and cook till the potatoes are done and the water is absorbed.

Serves: 4



Aloo Dimer Dalna

Potato and egg curry

Ingredients:

Potatoes, diced	500 gm / 1.1lb
Eggs, hard-boiled	4
Mustard (<i>sarson</i>) oil	4 tsp / 20 ml
Onions, chopped	$\frac{1}{2}$ cup / 60 gm / 2 oz
Ginger (<i>adrak</i>), chopped	2 tsp / 12 gm
Tomatoes, chopped	300 gm / 11 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	$\frac{1}{2}$ tsp / $\frac{3}{4}$ gm
Red chilli powder	$\frac{1}{2}$ tsp / 1 gm
Salt to taste	
Water	1 cup / 250 ml / 8 fl oz

Method:

1. Heat the mustard oil in a pan; add onions and sauté till light brown.
2. Add ginger and tomatoes; sauté. Mix in all the dry spices and sauté for some time.
3. Add the potatoes, eggs, and water. Cook till the gravy thickens and the potatoes are fully cooked.
4. Serve hot.

Serves: 4

Aloo Kopi Dalna

Potato and cauliflower curry

Ingredients:

Potatoes, cut into wedges	200 gm / 7 oz
Cauliflower (<i>phool gobhi</i>), cut into florets	100 gm / 3½ oz
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz
Cinnamon (<i>dalchini</i>), 1" stick	1
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Red chilli powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Tomatoes, chopped	50 gm / 1¾ oz
Water	2 cups / 500 ml / 16 fl oz

Method:

1. Heat the oil in a wok (*kadhai*); add cinnamon stick, coriander powder, red chilli powder, and cumin powder.
2. Stir and add the potatoes. Cook on high heat, until they are almost done.
3. Add the ginger paste and tomatoes. Cook for 5 minutes on medium heat.
4. Add cauliflower and then water.
5. Cook on low heat till the cauliflower is done.

Serves: 2-4



Dum Aloo Kashmiri

Kashmiri-style, slow-cooked potatoes

Ingredients:

Potatoes, medium-sized	8
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Aniseed (<i>saunf</i>)	1 tsp / 2 gm
Onions, chopped	2
Black cardamom (<i>badi elaichi</i>), pounded	1 tsp / 2 gm
Raisins (<i>kishmish</i>)	5 tbsp / 50 gm / 1¾ oz
Cashew nuts (<i>kaju</i>)	5 tbsp / 50 gm / 1¾ oz
Sate to taste	
For the curry:	
Onion, chopped	2 tbsp / 50 gm / 1¾ oz
Yoghurt (<i>dahi</i>), whisked	1¼ cups / 250 gm / 9 oz
Tomato purée	1 cup / 200 ml / 7 fl oz
Ginger-garlic (<i>adrak-lasan</i>) paste	4 tsp / 24 gm
Almond (<i>badaam</i>) paste	2¾ tbsp / 40 gm
Aniseed	1 tsp / 2 gm
Mace (<i>javitri</i>) powder	½ tsp / 1 gm
Black cumin seeds	½ tsp / 1 gm
Green cardamom (<i>choti elaichi</i>)	4
Cloves (<i>laung</i>)	6
Red chilli paste	4 tsp / 20 gm
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Coriander (<i>dhaniya</i>) powder	1 tbsp / 4½ gm
Salt to taste	
Vegetable oil for frying	

Method:

1. Peel the potatoes and slice off the tops. Scoop out the centre with a sharp knife. Fry the shells and centres to a golden brown. Allow the centres to cool and then mash.
2. Heat the oil in a wok (*kadhai*); sauté black cumin seeds and aniseed. Add onions and sauté till transparent. Add the fried potato centres, cardamom powder, raisins, and cashew nuts. Stir-fry for a few minutes. Season with salt. Keep aside.
3. Stuff the fried shells with the prepared mixture and keep aside.
4. **For the curry**, heat the oil in a thick-bottomed pan. Sauté onion till transparent. Add yoghurt, tomato purée, ginger-garlic paste, almond paste, aniseed, mace, black cumin seeds, green cardamom, cloves, red chilli paste, cumin powder, coriander powder, and salt. Stir-fry for 8-10 minutes.
5. Place the stuffed potatoes in the curry; cover the lid and seal with dough. Cook on low heat for 10 minutes. Remove from heat. Place the potatoes in a serving dish, strain the curry and pour on top of the potatoes.
6. Serve immediately, accompanied by any Indian bread of choice.

Serves: 4

Aloo Golbheda Jhol

Potato and tomato curry

Ingredients:

Potatoes, peeled, cubed	500 gm / 1.1 lb
Tomatoes, diced	250 gm / 9 oz
Mustard (<i>sarson</i>) oil	4 tbsp / 60 ml / 2 fl oz
Asafoetida (<i>hing</i>)	a pinch
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Ginger (<i>adrak</i>), ground	1 tsp / 6 gm
Garlic (<i>lasan</i>), pound	2 tsp / 12 gm
Green chillies, slit	5-6
Coriander (<i>dhaniya</i>) powder	2 tsp / 4 gm
Garam masala	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Heat the oil in a pan; add asafoetida, fenugreek seeds, and cumin seeds.
2. Add potatoes, turmeric powder, and salt; stir well.
3. After 3 minutes, add ginger and garlic, and stir for a minute.
4. Add the tomatoes, green chillies, spices and 2 cups water. Boil till the potatoes are cooked and tomatoes become soft. Stir with a ladle, crushing the vegetables a little so that the gravy thickens.
5. Mix in the green coriander and cook for 2 more minutes. Serve hot.

Serves: 2-4



Aloo Kathal Tarkari

Jackfruit and potato curry

Ingredients:

Jackfruit (<i>katha</i>), diced	300 gm / 11 oz
Potatoes, diced	150 gm / 5 oz
Vegetable oil	½ cup / 100 ml / 3½ oz
Onions, chopped	½ cup / 60 gm / 2 oz
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tsp / 12 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Red chilli powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Tomatoes, chopped	60 gm / 2 oz
Salt to taste	
Water	1½ cups / 375 ml / 12 fl oz

Method:

1. Heat the oil in a wok (*kadhai*); add the jackfruit and potatoes; sauté for 10-12 minutes and keep aside.
2. In the same oil, add onions, ginger-garlic paste, and the dry spices. Sauté for 5 minutes.
3. Add tomatoes and cook till the oil separates from the sides of the wok.
4. Add jackfruit, potatoes, salt, and water. Cook till the vegetables are tender.

Serves: 2-4

Marwari Kadhi

Yoghurt and gram flour curry

Ingredients:

Yoghurt (<i>dahi</i>), sour	1¼ cups / 250 gm / 9 oz
Gram flour (<i>besan</i>)	1½ tbsp / 15 gm
Water	1 cup / 250 ml / 8 fl oz
Salt	1 tsp / to taste
Turmeric (<i>haldi</i>) powder	¼ tsp
For the tempering:	
Ghee	1 tbsp / 15 gm
Asafoetida (<i>hing</i>)	a pinch
Bay leaves (<i>tej patta</i>)	2-3
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Dry red chillies (<i>sookhi lal mirch</i>)	2-3
Red chilli powder, diluted in 1 tbsp water	¼ tsp

Serves: 5-6

Method:

1. Mix together the gram flour, yoghurt, and water thoroughly; strain. Add salt and turmeric powder, bring the mixture to the boil stirring constantly. Cook on low heat for 2-3 minutes.
2. **For the tempering**, heat the ghee in a small pan; add all the ingredients except the red chilli water. Sauté for a few seconds. Now add the diluted red chilli powder; simmer for 2-3 seconds.
3. Mix this with the gram flour mixture. Serve hot with steamed rice.

Variations: You can add finely diced boiled mixed vegetables or thin slices of gatta or gram flour fritters (*besan ke pakori*) or boiled mangori (see p. 11).



Meethi Kadhi

Sweet yoghurt curry

Ingredients:

Yoghurt (<i>dahi</i>), sour	2 cups / 400 gm / 14 oz
Gram flour (<i>besan</i>)	2 tbsp / 20 gm
Ginger (<i>adrak</i>), 1" piece, finely chopped	1
Jaggery (<i>gur</i>)	2 tbsp / 40 gm / 1¼ oz
Green coriander (<i>hara dhaniya</i>), chopped	½ cup / 12 gm
Curry leaves (<i>kadhi patta</i>)	2-3 sprigs
Salt to taste	
For the tempering:	
Vegetable oil	1 tsp / 5 ml
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Fenugreek seeds (<i>methi dana</i>)	¼ tsp / ¾ gm
Cloves (<i>laung</i>)	2-3
Cinnamon (<i>dalchini</i>), 1" stick	1
Asafoetida (<i>hing</i>)	¼ tsp / 1 gm

Method:

1. Whip the yoghurt, adding enough water to obtain a pouring consistency.
2. Add the gram flour, ginger, jaggery, green coriander, curry leaves, and salt to taste.
3. Cook on high heat and stir constantly for about 15 minutes. The mixture should not be too sweet.
4. **For the tempering**, heat the oil in a pan; add the cumin seeds, fenugreek seeds, cloves, cinnamon stick, and asafoetida; sauté for a few seconds. Pour the yoghurt mixture and simmer for 2 minutes. Adjust seasoning to taste.
5. Serve hot with any vegetable.

Serves: 6-8

Surati Kadhi

Spicy yoghurt and gram flour curry

Ingredients:

Yoghurt (<i>dahi</i>)	1½ cups / 300 gm / 11 oz
Gram flour (<i>besan</i>)	2 tbsp / 20 gm
Water	1 cup / 250 ml / 8 fl oz
Green chilli-ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Sugar	2 tbsp / 40 gm / 1¼ oz
Curry leaves (<i>kadhi patta</i>)	6-8
Ghee	1 tsp / 5 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Whisk the yoghurt and gram flour together into a creamy consistency, gradually adding water.
2. Add green chilli-ginger paste, sugar, and curry leaves. Bring the mixture to the boil, stirring constantly.
3. Heat the ghee in a wok (*kadhai*); add cumin powder, fry for a few seconds and add to the yoghurt mixture.
4. Garnish with green coriander and serve hot with steamed rice.

Serves: 4



Sambhariya Ringanani Kadhi

Fried aubergine in a spicy yoghurt curry

Ingredients:

Aubergines (<i>baingan</i>), small, round, cut lengthwise, soaked in saline water for ½ hour	9-10
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tsp / 12 gm
Garam masala	1 tsp / 2 gm
Cumin-coriander (<i>jeera-dhaniya</i>) powder	1 tsp / 1½ gm
Red chilli powder	1 tsp / 2 gm
Ghee	2 tsp / 10 gm
For the gravy:	
Cinnamon (<i>dalchini</i>), 1" sticks	2
Cumin seeds	¼ tsp / ½ gm
Coconut (<i>nariyal</i>), grated	2 tsp / 4 gm
Green coriander (<i>hara dhaniya</i>)	1 cup / 25 gm
Coriander powder	1 tsp / 1½ gm
Poppy seeds (<i>khus khus</i>)	1 tsp / 2 gm
Green chilli-ginger paste	1 tbsp / 15 gm
Garlic cloves	8
Salt to taste	
Black peppercorns (<i>sabut kali mirch</i>)	8-10
Ghee	3 tbsp / 45 gm / 1½ oz
Onion, medium-sized, grated	1
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Green peas (<i>hara matar</i>), shelled, boiled	1 cup

Method:

1. Mix the yoghurt with the ginger-garlic paste, garam masala, cumin-coriander powder, and red chilli powder.
2. Heat the ghee in a shallow pan; sauté the aubergines, turning frequently. Cook covered on low heat for about 15 minutes. Keep aside.
3. **For the gravy**, grind together all the ingredient (except the last 4).
4. In a separate pan, heat the ghee; sauté the onion till golden brown. Add the ground ingredients and sauté for 5 minutes on medium heat until the oil separates. If the mixture starts to stick to the bottom of the pan, sprinkle some water.
5. Add the turmeric powder and yoghurt mixture, mix well. Add the green peas and stir. Bring the mixture to the boil and adjust seasoning.
6. Add the fried aubergine and bring to the boil again. Cover and simmer for 5 minutes.
7. Serve hot garnished with green coriander.

Note: All Gujarati meals are served with ghee, though the quantity used while cooking is nominal. Ghee lends a distinct and interesting flavour to the food.

Serves: 4

Punjabi Kadhi

Creamy yoghurt with gram flour dumplings

Ingredients:

For the *pakora* (dumplings):

Gram flour (<i>besan</i>)	1 cup / 100 gm / 3½ oz
Onions, chopped	½ cup / 60 gm / 2 oz
Ginger (<i>adrak</i>), chopped	1 tbsp / 25 gm
Green chillies, chopped	4-5
Salt	½ tsp / 2 gm
Baking powder	¼ tsp / 1½ gm

Vegetable oil for frying

For the *kadhi*:

Gram flour	1 cup / 100 gm / 3½ oz
Yoghurt (<i>dahi</i>)	1 kg / 2.2 lb
Salt to taste	
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm

Mustard (<i>sarson</i>) oil	½ cup / 100 ml / 3½ fl oz
Dry red chillies (<i>sookhi lal mirch</i>)	10
Coriander (<i>dhaniya</i>) seeds	1 tsp / 2 gm
Fenugreek seeds (<i>methi dana</i>)	1 tsp / 3 gm
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	¼ tsp / 1 gm
Curry leaves (<i>kadhi patta</i>)	15-20

For the tempering:

Ghee	2 tbsp / 30 gm / 1 oz
Red chilli powder	2 tsp / 4 gm

Method:

1. For the *pakora*, mix the gram flour with onions, ginger, green chillies, salt, and baking powder. Add just enough water to make a thick batter. Divide the batter into lemon-sized balls and keep aside.
2. Heat the oil in a wok (*kadhai*); carefully slide in the balls and deep-fry till golden brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Keep aside.
3. For the *kadhi*, mix the gram flour with yoghurt. Add salt and turmeric powder.
4. Heat the mustard oil till it starts smoking; add dry red chillies, coriander seeds, fenugreek seeds, mustard seeds, and cumin seeds. When they crackle, add asafoetida.
5. Now add the gram flour mixture and curry leaves. Cook on low heat for 2 hours.
6. For the tempering, heat the ghee and remove from heat. Add the red chilli powder and immediately, pour this to the above mixture. Add the dumplings and serve hot.

Serves: 4-6



Erissery

Red gram and pumpkin curry

Ingredients:

Split red gram (*arhar dal*) ¼ cup / 40 gm / 1½ oz
Pumpkin (*kaddu*), finely chopped 250 gm / 9 oz

Grind to a coarse powder:

Coconut (*nariyal*), grated ½ cup / 50 gm / 1¾ oz
Dry red chillies (*sookhi lal mirch*) 1½
Cumin (*jeera*) seeds ½ tsp / 1 gm
Garlic (*lasan*) cloves 3

Salt to taste

For the tempering:

Vegetable oil 2½ tbsp / 37 ml / 1¼ fl oz
Mustard seeds (*rai*) ½ tsp / 1½ gm
Dry red chillies, halved 2
Curry leaves (*kadhi patta*) a sprig
Button onions, chopped 1½ tbsp / 18 gm

Method:

1. Boil the red gram and pumpkin in enough water to cover. Drain and when cool, mash the mixture with a wooden ladle till almost smooth.
2. To the mashed mixture, add the coarse powder and salt; mix well. Bring the mixture to the boil. Remove from heat.
3. **For the tempering**, heat the oil in a pan; fry the ingredients mentioned and add to the mixture. Mix well.
4. Serve hot.

Serves: 4



Olan

Ash gourd and red gram cooked in coconut milk

Ingredients:

Ash gourd (*petha*), cut into ½" cubes 2 cups
Red gram (*arhar dal*),
boiled ½ cup / 80 gm / 2¾ oz
Cumin (*jeera*) seeds a pinch
Dry red chillies (*sookhi lal mirch*), seeds ½ tsp
Green chillies, slit 6
Button onions 6
Salt to taste
Coconut (*nariyal*) milk 1 cup / 200 ml / 7 fl oz
Curry leaves (*kadhi patta*) a few
Vegetable oil 1½ tbsp / 22 ml

Method:

1. Grind the cumin seeds and dry red chilli seeds together. Mix the paste with the ash gourd and cook in enough water to cover.
2. Add the green chillies, button onions, and salt. Mix well.
3. When the water dries up, add the coconut milk, curry leaves, and the boiled red gram. Lower heat and simmer for a while.
4. Add the oil and bring the mixture to the boil. Then remove from heat and serve hot.

Serves: 5

Kacha Kala Jhol

Raw banana curry

Ingredients:

Raw bananas, diced	50 gm / 1¾ oz
Potatoes, diced	50 gm / 1¾ oz
Cauliflower (<i>phool gobhi</i>)	40 gm / 1¼ oz
Aubergines (<i>baingan</i>)	60 gm / 2 oz
Mustard (<i>sarson</i>) oil	4 tsp / 20 ml
<i>Panch phoran</i> (see p. 10)	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Salt to taste	
Water	1½ cups / 375 ml / 12 fl oz

Method:

1. Heat the mustard oil in a wok (*kadhai*); add *panch phoran*. When they start spluttering, add the potatoes and sauté for a while. Add raw bananas, cauliflower, and aubergines.
2. Add turmeric powder, ginger paste, salt, and water. Cook till the vegetables are done.
3. Serve hot.

Serves: 2-4



Kela Kofta

Fried raw banana dumplings in a thick gravy

Ingredients:

Raw bananas	450 gm / 1 lb
Onions, finely chopped	½ cup / 60 gm / 2 oz
Ginger (<i>adrak</i>), finely chopped	1 tbsp / 24 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm
Green chillies	6
White pepper (<i>safed mirch</i>) powder	½ tsp / 1 gm
Salt to taste	
Vegetable oil for deep-frying	
Green cardamom (<i>choti elaichi</i>)	6
Cloves (<i>laung</i>)	4
Cinnamon (<i>dalchini</i>), 1" stick	1
Onions, roughly chopped	½ cup / 60 gm / 2 oz
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Ginger paste	1 tbsp / 18 gm
Tomatoes, chopped, puréed	¾ cup / 150 ml / 5 fl oz
Red chilli powder	1 tsp / 2 gm
Cream	3 tbsp / 60 ml / 2 fl oz
Honey	1 tsp / 5 ml
Mace (<i>javitri</i>) powder	a pinch
Dough for sealing the dish	

Method:

1. Put the bananas in a pan, cover with water and boil for 30 minutes. Cool, peel, and mash.
2. Mix in the onions, ginger, green coriander, green chillies, white pepper powder, and salt. Divide into 15 portions and roll into balls (*koftas*) between your palms. Deep-fry in a wok (*kadhai*) on low heat till golden brown. Keep aside.
3. Remove the excess oil from the wok, leaving 4 tbsp behind. Heat the oil and crackle the whole spices. Add the roughly chopped onions. Sauté till transparent. Add ginger and garlic pastes; sauté till onions turn brown.
4. Add tomato purée, red chilli powder, and salt. Cook till the oil surfaces.
5. Add 2 cups water. Bring to the boil, remove and strain through soup strainer into another pot.
6. Return the wok to heat and bring the gravy to the boil. Add cream. Remove and add honey.
7. Arrange the *koftas* in an ovenproof casserole. Pour gravy over them, sprinkle with mace powder, cover and seal the dish with dough.
8. Place the dish in a preheated oven at 140°C / 275°F and cook for 8-10 minutes.
9. Open the seal and serve hot with steamed rice or any Indian bread.

Serves: 4

Gatte Ka Saag Dahiwala

Gram flour strips in yoghurt curry

Ingredients:

Gatta (see p.11), cut into ¼" pieces	250 gm / 9 oz
Yoghurt (<i>dahi</i>)	2 cups / 400 gm / 14 oz
Ghee	2 tbsp / 30 gm / 1 oz
Asafoetida (<i>hing</i>)	a pinch
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Ginger (<i>adrak</i>), chopped	1 tsp / 10 gm
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Green coriander (<i>hara dhaniya</i>), finely chopped	1 tbsp / 4 gm

Method:

1. Strain the yoghurt through a muslin cloth. Add ½ cup water and mix well.
2. Add the gram flour strips; mix well.
3. Heat the ghee in a wok (*kadhai*); add asafoetida, cumin seeds, ginger, red chilli powder, and turmeric powder. When the seeds start spluttering, immediately add the yoghurt mixture. Bring the mixture to the boil, stirring constantly.
4. Add salt and mix well. Lower heat and simmer for 2-3 minutes.
5. Serve hot garnished with green coriander.

Serves: 6



Patli Mangori

Green gram pieces in tomato gravy

Ingredients:

Mangori (see p.11), coarsely crushed	200 gm / 7 oz
Ghee	2 tbsp / 30 gm / 1 oz
Asafoetida (<i>hing</i>)	a pinch
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Ginger (<i>adrak</i>), finely chopped, 1" piece	1
Green chilli, slit	1
Salt to taste	
Turmeric (<i>haldi</i>) powder	¼ tsp
Water	1½ cups / 375 ml / 12 fl oz
Tomato, big, chopped	1
Red chilli powder	1 tsp / 2 gm
Mango powder (<i>amchur</i>)	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Heat the ghee in a wok (*kadhai*); add asafoetida, cumin seeds, ginger, and green chilli. Add the *mangori* and sauté for 2 minutes. Add salt, turmeric powder, and water. Bring the mixture to the boil, lower heat and simmer till the *mangori* is tender.
2. Increase heat, add the remaining ingredients (except green coriander). Boil till the gravy is smooth and thick.
3. Serve hot garnished with green coriander.

Variations: For palak mangori add 100 gm of boiled and crushed spinach (omit green coriander) to the boiling mangori. Mix well, remove from heat immediately and serve hot with besan or bajre ki roti (see p. 396).

Serves: 4

Dahi Pakori

Fried pulse dumplings in yoghurt

Ingredients :

For the *pakori* (dumplings):

Split green gram (<i>dhuli moong dal</i>)	½ cup / 80 gm / 2¾ oz
Black gram (<i>urad dal</i>)	½ cup / 80 gm / 2¾ oz
Ginger (<i>adrak</i>), grated, 1" piece	1
Soda bicarbonate	a pinch
Salt to taste	

Vegetable oil for frying

Yoghurt (<i>dahi</i>), strained	2½ cups / 500 gm / 1.1 lb
Salt to taste	
Red chilli powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds, roasted, powdered	1 tsp / 1½ gm
Tamarind chutney (see p. 429)	100 gm / 3½ oz
Green coriander chutney (see p. 419)	2 tbsp

Method :

1. For the *pakori*, after soaking the green and black grams for 2 hours grind both together to a smooth paste. Add the remaining ingredients. Whip till the batter is smooth, and of dropping consistency.
2. Heat the oil in a pan; carefully drop spoonfuls of the batter into the hot oil. Fry till golden brown. Remove with a slotted spoon and immerse the dumplings in salted water for 5-7 minutes. Repeat till all the batter is used up.
3. Remove the soaked dumplings; squeeze out the excess water and arrange them in a bowl.
4. Mix the salt with the yoghurt and pour over the dumplings. Sprinkle the spices, tamarind chutney and green coriander relish.

Serves: 6



Lasan Kari

Garlic curry

Ingredients :

Garlic (<i>lasan</i>), whole, large cloves	250 gm / 9 oz
Onions, small, whole	10
Green chillies, slit into two	8 / 24 gm
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Fenugreek seeds (<i>methi dana</i>)	1 tsp / 3 gm
Curry leaves (<i>kadhi patta</i>)	6
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Coconut milk, thick	1½ cups / 300 ml / 1½ fl oz
Salt to taste	
Lemon (<i>nimbu</i>) juice	3 tsp / 15 ml

Method :

1. Heat the ghee / oil in a pan; add garlic cloves, whole onions, and green chillies. Fry until light golden in colour. Remove with a slotted spoon and keep aside.
2. In the same ghee / oil, add the fenugreek seeds and curry leaves. Fry until the seeds crackle. Reduce heat and add the red chilli powder and turmeric powder. Stir and add coconut milk and salt. Bring to the boil and add the garlic, onions, and green chillies. Cook until the garlic cloves become tender.
3. Add the lemon juice just before serving.

Serves: 4-6

Pithore

Gram flour pieces in spicy yoghurt curry

Ingredients:

For the *pithore*:

Gram flour (<i>besan</i>)	1¼ cups / 150 gm / 5 oz
Yoghurt (<i>dahi</i>)	2½ cups / 500 gm / 1.1 lb
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Green coriander (<i>hara dhaniya</i>), chopped	a few sprigs
Ginger, 1" piece, chopped	1
Green chillies, chopped	2
Water	1 cup / 250 ml / 8 fl oz
Vegetable oil	¾ cup / 150 ml / 5 fl oz

For dry *pithore*:

Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Juice of lemon (<i>nimbu</i>)	1

For gravied *pithore*:

Vegetable oil	½ cup / 100 ml / 3½ fl oz
Cloves (<i>laung</i>)	3
Black cardamom (<i>badi elaichi</i>)	2
Cinnamon (<i>dalchini</i>), 1" sticks	2
Onions, finely chopped	2
Ginger-garlic paste	4 tsp / 24 gm
Red chilli powder	1 tsp / 2 gm
Turmeric powder	½ tsp / 1 gm
Salt to taste	
Coriander (<i>dhaniya</i>) powder	2 tbsp / 9 gm
Yoghurt	½ cup / 100 gm / 3½ oz
Water	1 cup / 250 ml / 8 fl oz

Method:

1. For the *pithore*, mix together gram flour, yoghurt, ginger-garlic paste, red chilli powder, turmeric powder, salt, green coriander, ginger, and green chillies. Add water and mix well.
2. Heat the oil in a wok (*kadhai*). Gradually pour the above mixture and cook till the mixture leaves the sides of the wok.
3. Spread the mixture uniformly on a greased tray. Keep aside for 1-2 hours or till it sets.
4. Cut with a knife into 1" cubes or diamond shapes.
5. For serving dry *pithore*, heat the oil in a wok (*kadhai*). Add the mustard seeds; when they crackle, add the *pithore* pieces. Stir gently for a minute. Remove from heat. Serve as a snack sprinkled with juice of 1 lemon and garnished with green coriander.
6. For serving gravied *pithore*, heat the oil in a wok; add cloves, black cardamom, and cinnamon sticks. Sauté on medium heat for a few seconds.
7. Add the onions and cook till they are golden brown in colour.
8. Mix ginger-garlic paste, red chilli powder, turmeric powder, salt, and coriander powder with the yoghurt. Add this to the wok.
9. Cook till the oil separates. Add the *pithore* pieces and water. Bring to the boil and then simmer for 5 minutes. Serve hot.

Serves: 4-6



Pappad Ki Subzi

Sun-dried wafers in curry

Ingredients:

Pappad (see p. 9)	4-5
Vegetable oil	4-5 tbsp / 60-75 ml / 2-2½ fl oz
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Onions, finely chopped	2
Kachri (see p. 9), ground	1 tbsp / 15 gm
Garlic (<i>lasan</i>) cloves, ground	2
Red chilli powder	2 tsp / 4 gm
Coriander (<i>dhaniya</i>) powder	2 tbsp / 9 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Yoghurt (<i>dahi</i>)	3 tbsp / 45 gm / 1½ oz

Method:

1. Heat the oil in a wok (*kadhai*); add cumin seeds and onions. Sauté till the onions turn brown.
2. Mix all the dry spices in yoghurt with 2-3 tbsp of water. Add the mixture to the fried onions. Stir till the oil separates.
3. Break the *pappad* into small triangular pieces and add to the yoghurt mixture.
4. Add just enough water to immerse the *pappad*.
5. Cook for 10 minutes or till the *pappad* becomes tender.

Serves: 4



Parangi Kai Puli Curry

Tangy pumpkin curry

Ingredients:

Red pumpkin (<i>lal kaddu</i>), skinned, cut into 1½" cubes	500 gm / 1.1 lb
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Madras onions, sliced	60 gm / 2 oz
Garlic (<i>lasan</i>) cloves, finely chopped	15
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	¼ tsp
Salt to taste	
Tamarind (<i>imli</i>), extract (see p. 10)	¼ tsp
Tomatoes, quartered	2
Jaggery (<i>gur</i>)	2 tsp / 10 gm
Aniseed (<i>saunf</i>)	½ tsp / 1 gm

Method:

1. Heat the oil in a wok (*kadhai*); sauté the Madras onions and garlic for a few minutes.
2. Add the coriander powder, red chilli powder, turmeric powder, salt, and red pumpkin. Sauté for 5 minutes.
3. Add the tamarind extract, tomatoes, and 1½ cups of water. Cover and cook for 10 minutes or till the red pumpkin is half done.
4. Add the jaggery and aniseed. Cook for 12-15 minutes more. Simmer till the vegetable is completely cooked.
5. Serve hot.

Serves: 4-6

Bharwan Lauki

Stuffed bottle gourd

Ingredients:

Bottle gourd (*lauki*) 2 (450 gm / 1 lb each)

For the marinade:

Ghee ½ cup / 100 gm / 3½ oz

Ginger-garlic (*adrak-lasan*) paste 2 tsp / 12 gm

Lemon (*nimbu*) juice 2 tbsp / 30 ml / 1 fl oz

Red chilli powder 2 tsp / 4 gm

Turmeric (*haldi*) powder 1 tsp / 2 gm

Salt to taste

For the stuffing:

Ghee 4 tbsp / 60 gm / 2 oz

Onions, finely chopped ½ cup / 60 gm / 2 oz

Cottage cheese (*paneer*), crushed 150 gm / 5 oz

Potatoes, boiled, peeled, grated 300 gm / 11 oz

Ginger, finely chopped 2 tsp / 12 gm

Green coriander (*hara dhaniya*),

chopped 2½ tbsp / 10 gm

Green chillies 4

Garam masala 2 tsp / 4 gm

Almond (*badaam*) 10

Raisins (*kishmish*) 1 tbsp / 10 gm

Salt to taste

Juice of lemon 1

For the curry:

Ghee 2 tbsp / 30 gm / 1 oz

Tomatoes, blanched, puréed,

strained 400 gm / 14 oz

Brown onion paste (see p. 10) 1 tbsp / 25 gm

Red chilli powder 2 tsp / 4 gm

Garam masala 2 tsp / 4 gm

Method:

1. Wash, peel, and cut the ends of the bottle gourd. Core the length of each and keep aside. Mix all the ingredients for the marinade and rub into the bottle gourd inside and out. Keep aside for 1 hour.
2. Heat the ghee in a non-stick pan; fry the bottle gourd evenly and keep aside to cool.
3. **For the stuffing**, heat the ghee in a wok (*kadhai*); sauté the onions. Add the cottage cheese and stir-fry for a few minutes. Add the grated potatoes and the remaining ingredients, sauté for another 10 minutes. Remove from heat. Keep aside to cool.
4. Stuff each bottle gourd with the prepared mixture.
5. **For the curry**, heat the ghee in a thick-bottomed pan; add all the ingredients and bring to the boil.
6. Place the stuffed bottle gourd in the curry, cover the pan and seal the edges with dough. Cook on low heat for 6-7 minutes.
7. Remove from heat, slice the bottle gourd into 1½" thick rounds, arrange on a serving platter and pour the curry on top.
8. Serve hot with roti.

Serves: 4



Haddar Yakkhn

Mushrooms in a spicy gravy

Ingredients:

Mushrooms (<i>guchhi</i>), fresh, cut into 4 pieces each, washed well	1 kg / 2.2 lb
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onion paste	¼ cup / 75 gm / 2½ oz
Green cardamom (<i>choti elaichi</i>)	10
Black cardamom (<i>badi elaichi</i>)	4
Cloves (<i>laung</i>)	10
Cinnamon (<i>dalchini</i>), 1" sticks	4
Salt to taste	
Garlic (<i>lasan</i>), ground	1 tsp / 6 gm
Cooked yoghurt (see p. 11)	1 cup / 200 ml / 7 fl oz
Water	3 cups / 750 ml / 24 fl oz
Ginger powder (<i>sonth</i>)	1½ tsp / 3 gm
Coriander (<i>dhaniya</i>) powder	1½ tsp / 2 gm
Black cumin seeds (<i>shahi jeera</i>)	¼ tsp
Black pepper (<i>kali mirch</i>) powder	¼ tsp
Dry mint (<i>pudina</i>) leaves	¼ tsp

Method:

1. Boil the mushrooms in water for 5-7 minutes. Drain and then wash in cold water.
2. In a pan, add mushrooms, oil, onion paste, green and black cardamom, cloves, cinnamon sticks, salt, and garlic. Cook the mushrooms, stirring occasionally, until light brown in colour.
3. Add the cooked yoghurt and cook until the oil separates. Pour in the water, ginger powder, and coriander powder. Mix well. Reduce heat and simmer for 5-6 minutes to obtain a sauce-like consistency.
4. Add the black cumin seeds, black pepper powder, and dry mint leaves; mix well.

Serves: 6-8



Kan Guchhi

Morel laced with yoghurt

Ingredients:

Dried morel (<i>guchhi</i>)	100 gm / 3½ oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Cinnamon (<i>dalchini</i>), 2" sticks	4
Cloves (<i>laung</i>)	8
Green cardamom (<i>choti elaichi</i>)	8
Black cardamom (<i>badi elaichi</i>)	9
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Kashmiri red chilli powder, dissolved in ½ cup water	2 tsp / 4 gm
Ginger powder (<i>sonth</i>)	½ tsp / 1 gm
Salt to taste	
Cooked yoghurt (see p. 11)	4 tbsp / 60 ml / 2 fl oz
Water	2 cups / 500 ml / 16 fl oz
Onion paste, fried	1 tbsp / 25 gm
Saffron (<i>kesar</i>)	¼ tsp
Black cumin (<i>shahi jeera</i>) seeds	¼ tsp
Dry mint (<i>pudina</i>) leaves	¼ tsp

Method:

1. Rehydrate the morels by putting them in water for 10-12 minutes. Drain and wash them in cold water. Remove the stems and slit them in two halves.
2. In a pan, add the morels, oil, cinnamon sticks, cloves, green and black cardamom. Mix well and fry until all the water has dried up.
3. Add the garlic paste, turmeric powder, red chilli water, ginger powder, and salt. Cook until the water has dried up completely.
4. Add the cooked yoghurt and stir until it is completely absorbed. Add the water, onion paste, and saffron. Mix well. Reduce heat to low and simmer for 10 minutes.
5. Sprinkle black cumin seeds and dry mint leaves.

Serves: 4

Dudhia Khumb

White mushrooms

Ingredients:

Mushrooms (<i>guchhi</i>), sliced or whole, without the stem	500 gm / 1.1 lb
Unsalted butter	½ cup / 100 gm / 3½ oz
Onions, chopped	¾ cup / 90 gm / 3 oz
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Refined flour (<i>maida</i>)	2 tsp / 10 gm
Milk	½ cup / 100 ml / 3½ fl oz
White pepper (<i>safed mirch</i>) powder	2 tsp / 4 gm
Salt to taste	

Method:

1. Heat the unsalted butter; add onions and garlic paste. Sauté until translucent. Add the cumin powder and coriander powder. Stir until well mixed and aromatic. Remove the pan from the heat and cool slightly. Add the refined flour, stirring all the time.
2. Return the pan to the heat and cook until the colour changes. Add the milk slowly, making sure it is well mixed. Add the mushrooms and cook for 5-7 minutes. Stir in the white pepper powder and salt.

Serves: 4-6



Al Yakkhn

Garlic-flavoured bottle gourd

Ingredients:

Bottle gourd (<i>lauki</i>), peeled, cut into discs 1" apart, and then halved, with seeds removed	1 kg / 2.2 lb
Water	8 cups / 2 lt / 64 fl oz
Ginger powder (<i>sonth</i>)	2 tsp / 4 gm
Green cardamom (<i>choti elaichi</i>)	8
Black cardamom (<i>badi elaichi</i>)	3
Aniseed (<i>saunf</i>)	2 tsp / 3 gm
Cinnamon (<i>dalchini</i>), 1" sticks	4
Salt to taste	
Garlic water (see p. 12)	1 tbsp / 15 ml
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Ghee	4 tbsp / 60 gm / 2 oz
Cooked yoghurt (see p. 11)	1 cup / 200 ml / 7 fl oz
Black cumin (<i>shahi jeera</i>) seeds	¼ tsp

Method:

1. Add 1 tsp salt to the bottle gourd and mix well. Keep aside for 15 minutes.
2. Fry the bottle gourd in oil until reddish brown in colour. Remove with a slotted spoon and keep aside.
3. In a deep pan, boil the water with the ginger powder, green and black cardamom, aniseed, cinnamon sticks, salt, garlic water, turmeric powder, and ghee. Mix well and boil for 5-7 minutes.
4. Add the fried bottle gourd and cooked yoghurt. Continue to cook until the bottle gourd is tender and the gravy turns thick. Sprinkle black cumin seeds and mix well.

Serves: 4-6

Guchhi Matar

Morel mushrooms and green peas

Ingredients:

Morel mushrooms (<i>guchhi</i>), soaked in warm water for 1 hour	100 gm / 3½ oz
Green peas (<i>hara matar</i>)	500 gm / 1.1 lb
Ghee	2 tbsp / 30 gm / 1 oz
Onion paste	1 cup / 300 gm / 11 oz
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Ginger (<i>adrak</i>) paste	1 tbsp / 18 gm
Tomato purée	1 cup / 200 ml / 7 fl oz
Coriander (<i>dhaniya</i>) powder	3 tsp / 4½ gm
Red chilli powder	2 tsp / 4 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Garam masala	3 tsp / 6 gm
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Asafoetida (<i>hing</i>)	½ tsp
Salt to taste	

Method:

1. Heat the ghee in a wok (*kadhai*); add onion and garlic-ginger pastes; sauté till light brown in colour.
2. Add the tomato purée, coriander powder, red chilli powder, cumin powder, garam masala, yoghurt, and asafoetida. Pour in 2 cups water. Boil till the gravy thickens.
3. Then, add the mushrooms and green peas and cook till very little gravy remains and the ghee is seen on the surface.
4. Serve hot.

Serves: 2-4



Lobia Tariwaala

Black-eyed pea curry

Ingredients:

Black-eyed pea (<i>lobia</i>)	1 cup / 170 gm / 6 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Asafoetida (<i>hing</i>)	¼ tsp / 1 gm
Ghee	½ cup / 100 gm / 3½ oz
Onions, chopped	½ cup / 60 gm / 2 oz
Garlic (<i>lasan</i>), chopped	2 tsp / 6 gm
Ginger (<i>adrak</i>), chopped	2 tsp / 12 gm
Dry red chillies (<i>sookhi lal mirch</i>)	3
Tomatoes, chopped	100 gm / 3½ oz
Coriander (<i>dhaniya</i>) seeds	1 tsp / 2 gm
Red chilli powder	2 tsp / 4 gm
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Coriander powder	2 tsp / 3 gm
Garam masala	1 tsp / 2 gm

Method:

1. Boil the black-eyed peas in a pressure cooker with turmeric powder, salt, asafoetida, and 3 cups water for 15-20 minutes.
2. Heat the ghee in a wok (*kadhai*); add onions, garlic, ginger, and dry red chillies. Sauté till light brown.
3. Add the tomatoes, coriander seeds, red chilli powder, cumin powder, and coriander powder. Fry till the tomatoes turn soft.
4. Pour in the boiled black-eyed pea mixture with the water. Mix well.
5. Serve hot.

Serves: 2-4

Ghia Ka Kofta

Bottle gourd dumplings in a tangy gravy

Ingredients:

For the koftas:

Bottle gourd (<i>lauki</i>), peeled, grated, boiled for 5 minutes, drained	500 gm / 1.1 lb
Gram flour (<i>besan</i>)	½ cup / 50 gm / 1¾ oz
Green chillies, chopped	4
Ginger (<i>adrak</i>), 1" piece, finely chopped	1
Salt to taste	

Vegetable oil for frying

For the gravy:

Ghee	½ cup / 100 gm / 3½ oz
Onion paste	1 cup / 300 gm / 11 oz
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Ginger paste	2 tsp / 12 gm
Tomato purée	1 cup / 200 ml / 7 oz
Coriander (<i>dhaniya</i>) powder	3 tsp / 4½ gm
Red chilli powder	2 tsp / 4 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Garam masala	1 tsp / 2 gm
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Salt to taste	

Method:

1. **For the koftas**, combine all the ingredients in a bowl and mix well. Divide this mixture equally into lemon-sized balls and shape each into perfect rounds. Keep aside.
2. Heat the oil in a wok (*kadhai*); carefully slide in the koftas one at a time. Fry until golden brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Keep aside.
3. **For the gravy**, heat the ghee in a pan; add onion and garlic-ginger paste. Fry until light brown.
4. Add the tomato purée, coriander powder, red chilli powder, turmeric powder, garam masala, yoghurt, and salt. Mix well.
5. Pour 2 cups water and bring the mixture to the boil. Boil uncovered until the gravy thickens.
6. Add the fried koftas and cook for another 10 minutes on low heat. Serve hot.

Serves: 2-4



Guchhi Matar Hara Pyaz

Morel mushrooms with peas and spring onions

Ingredients:

Morel mushrooms (<i>guchhi</i>), quartered	800 gm / 28 oz
Green peas (<i>hara matar</i>), shelled, boiled	120 gm / 4 oz
Spring onions (<i>hara pyaz</i>), finely chopped	120 gm / 4 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Garlic (<i>lasan</i>), chopped	2 tbsp / 25 gm
Onions, sliced	½ cup / 60 gm / 2 oz
Salt to taste	
Red chilli powder	½ tsp / 1 gm
Tomato purée	1 cup / 200 ml / 7 fl oz
Water	1 cup / 250 ml / 8 fl oz
Garam masala	1 tsp / 2 gm
Almond (<i>badaam</i>) paste	2 tbsp / 30 gm / 1 oz

Method:

1. Heat the oil in a saucepan; add garlic and sauté till brown. Add the onions and sauté till golden brown. Add salt, red chilli powder, tomato purée, and water, cook for a minute. Remove from heat, and strain the gravy into another saucepan.
2. Reheat the strained gravy and cook till almost all the liquid has evaporated and the mixture is sizzling. Add the morel mushrooms and spring onions and cook for 5 minutes. Add the peas and garam masala, simmer till the mushrooms are done. Stir in the almond paste and cook till the gravy reaches a sauce-like consistency.

Serves: 4

Kwanti

Nine-jewelled curry

Ingredients:

Chickpeas (<i>kabuli chana</i>)	50 gm / 1¾ oz
Dried peas (<i>sookhey matar</i>)	50 gm / 1¾ oz
Black-eyed beans (<i>lobia</i>)	50 gm / 1¾ oz
Dill (<i>soya beans</i>) seeds	50 gm / 1¾ oz
White kidney beans (<i>safed rajma</i>)	30 gm / 1 oz
Whole green gram (<i>sabut moong</i>)	30 gm / 1 oz
Whole black gram (<i>sabut urad</i>)	30 gm / 1 oz
Lentil (<i>masoor dal</i>)	2 tbsp / 30 gm / 1 oz
Moth beans (<i>moth</i>)	4 tsp / 20 gm
Ghee	1 cup / 200 gm / 7 oz
Asafoetida (<i>hing</i>)	a pinch
Cloves (<i>laung</i>), whole	5-8
Green cardamom (<i>choti elaichi</i>)	5-6
Cinnamon (<i>dalchini</i>), 1" stick	1
Garlic (<i>lasan</i>), peeled, crushed	4 tsp / 12 gm
Onions, medium-sized, peeled, finely sliced	2
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Coriander (<i>dhaniya</i>) powder	1 tbsp / 4½ gm
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Garam masala	1 tsp / 2 gm
Red chilli powder	1 tbsp / 5 gm
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Ginger (<i>adrak</i>), peeled, ground	4 tsp / 24 gm
Tomatoes, chopped	250 gm / 9 oz
Mustard (<i>sarson</i>) oil	¼ cup / 50 ml / 1¾ fl oz
Carom (<i>ajwain</i>) seeds	1 tsp / 2 gm
<i>Jimmu</i> (see p. 9), optional	1 tsp / 2 gm
Dry red chillies (<i>sookhi lal mirch</i>), halved	3-4
Green coriander (<i>hara dhaniya</i>)	1 tbsp / 4 gm

Method:

1. Clean the pulses and legumes and soak them overnight. Wash well, tie in a muslin cloth and leave for a day to sprout. The next day, repeat the washing and tying up again. The beans will sprout to 1-1½" in 2 days.
2. Heat the ghee in a heavy-bottomed pan; add asafoetida, cloves, green cardamom, and cinnamon.
3. Add the garlic. When it becomes reddish, add onions and brown. Add the sprouts, turmeric powder, and salt. Fry, stirring continuously till the water dries.
4. Now add all the powdered spices, yoghurt, and ginger paste. Mix together. Stir for 5 minutes.
5. Add the tomatoes and stir. Add 4-5 cups water and cook till the sprouts become soft. (This dish should have a thin gravy, so add more water to get the correct consistency).
6. Heat the mustard oil in a frying pan; when the oil starts smoking, lower heat and add the carom seeds, *jimmu*, and dry red chillies. Once the dry red chillies swell, pour this into the prepared curry and cover the pan with a lid immediately. Remove from heat.
7. Check the seasoning and alter, if necessary. Add green coriander and garnish with lemon wedges. Serve accompanied by rice.

Note: If all the pulses and legumes mentioned are unavailable, then substitute with any beans of your choice. Chilli powder can be reduced if you do not want the curry to be very spicy.

Serves: 4-6



Methi Dahi

Fenugreek-flavoured yoghurt

Ingredients:

Fenugreek (<i>methi</i>) leaves, picked, cleaned	30 gm / 1 oz
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Asafoetida (<i>hing</i>), dissolved in 1 tsp of water	¼ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Ginger (<i>adrak</i>), 1" piece, thinly sliced	1
Green chillies, finely chopped	3
Salt to taste	
Yoghurt (<i>dahi</i>), whisked	½ cup / 100 gm / 3½ oz
Garam masala	½ tsp / 1 gm

Serves: 4

Method:

1. Boil the fenugreek leaves in water for 5-7 minutes. Cool and drain the leaves and squeeze out the water. Blend to a fine paste. Keep aside.
2. Heat the ghee / oil in a wok (*kadhai*) with the asafoetida water. When it splutters, add fenugreek paste. Stir for 7-8 minutes.
3. Add the turmeric powder, ginger, green chillies, and salt. Stir in ½ cup of warm water and cook on low heat till the fenugreek is tender. Add the whisked yoghurt and stir till the mixture is well blended and the ghee / oil comes to the surface.
4. Sprinkle garam masala just before serving.



Bom Chount

Spicy apples in a tangy sauce

Ingredients:

Apples (slightly sour to taste), peeled, cored, quartered	1 kg / 2.2 lb
Water	8 cups / 2 lt / 64 fl oz
Salt to taste	
Green cardamom (<i>choti elaichi</i>)	8
Cinnamon (<i>dalchini</i>), 1" sticks	5
Turmeric (<i>haldi</i>) powder	4 tsp / 8 gm
Ginger powder (<i>sonth</i>)	½ tsp / 1 gm
Onion paste, fried	1½ tbsp / 37 gm / 1¼ oz
Tamarind (<i>imli</i>), boiled in ½ cup water, strained	125 gm / 4 oz
Kashmiri red chilli powder, dissolved in ½ cup water	2 tsp / 4 gm
Ghee	½ cup / 100 gm / 3½ oz
Dry cockscomb (<i>mawal</i>) flowers, heated with ¾ cup water, extract (see p. 11)	½ cup / 100 ml / 3½ fl oz
Black cumin (<i>shahi jeera</i>) seeds	¼ tsp

Method:

1. Fry the apples in oil until reddish brown. Remove with a slotted spoon and keep aside.
2. In a pan, bring the water mixed with salt to the boil on high heat. Add the green cardamom, cinnamon sticks, turmeric powder, ginger powder, onion paste, and tamarind extract. Continue to boil the mixture until the liquid is reduced to half.
3. Add the fried apples, red chilli water, and ghee. Cover the pan and cook the apples until they are tender and the pieces still retain their shape. Then add the cockscomb flower extract and boil for 2-3 minutes. Sprinkle the black cumin seeds. Mix well.

Serves: 4

Manje Kael

Knol-khol prepared in onion gravy

Ingredients:

Knol-khol (<i>karam</i>), diced	1 kg / 2.2 lb
Salt	2 tsp / 8 gm
Onions, sliced	¼ cup / 180 gm / 6 oz
Water	6 cups / 1½ lt / 48 fl oz
Green cardamom (<i>choti elaichi</i>)	10
Black cardamom (<i>badi elaichi</i>)	6
Ginger powder (<i>sonth</i>)	1½ tsp / 3 gm
Cinnamon (<i>dalchini</i>), 1" sticks	4
Kashmiri red chilli powder, dissolved in ½ cup water	1½ tsp / 3 gm
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Garlic (<i>lasan</i>), ground	1 tsp / 6 gm
Cooked yoghurt (see p. 11)	1 cup / 200 ml / 7 fl oz
Dry cockscomb (<i>mawal</i>) flowers, heated with ½ cup water, extract	½ cup / 100 ml / 7 fl oz
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm

Method:

1. Mix the salt with knol-khol; keep aside for 5 minutes, wash and drain. Then fry the knol-khol in oil until light brown in colour. Remove with a slotted spoon and keep aside.
2. In the same oil, fry the onions until light brown. Drain and add to the fried knol-khol.
3. Heat the water in a deep pan and when hot, add green and black cardamom, ginger powder, cinnamon sticks, red chilli water, turmeric powder, and garlic. Bring the mixture to the boil. Add the fried knol-khol mixture and cooked yoghurt.
4. Cook until all the water has evaporated. Add the cockscomb flower extract and stir well. Sprinkle black cumin seeds.

Serves: 6



Matar Khoya

Savoury peas

Ingredients:

Wholemilk fudge (<i>khoya</i>), liquidized	125 gm / 4 oz
Green peas (<i>hara matar</i>), shelled	700 gm / 25 oz
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Cloves (<i>laung</i>)	2
Cinnamon (<i>dalchini</i>), 1" stick	1
Red chilli powder	3 tsp / 6 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Yoghurt (<i>dahi</i>), whisked	½ cup / 100 gm / 3½
Salt to taste	
Brown sugar	1 tsp / 3½ gm
Garam masala	1 tsp / 2 gm

Method:

1. Heat the ghee / oil in a pan; add cumin seeds, cloves, and cinnamon stick. Fry until they crackle. Add red chilli powder, turmeric powder, coriander powder, yoghurt, salt, and brown sugar. Fry until the ghee / oil surfaces.
2. Add the peas and wholemilk fudge. Pour in 1 cup of hot water and cook until the peas become tender. Sprinkle with garam masala.

Serves: 4-6

Palak Kofta

Curried spinach balls

Ingredients:

For the koftas:

Spinach (<i>palak</i>), washed, parboiled	180 gm / 6 oz
Poppy seeds (<i>khus khus</i>)	1 tbsp / 10 gm
Cashew nuts (<i>kaju</i>), broken	2 tbsp / 30 gm / 1 oz
Gram flour (<i>besan</i>)	1 cup / 100 gm / 3½ oz
Coriander (<i>dhaniya</i>) powder	½ tsp / ¼ gm
Cumin (<i>jeera</i>) powder	½ tsp / ¼ gm
Red chilli powder	½ tsp / 1 gm
Salt to taste	

Vegetable oil for frying

For the gravy:

Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Cumin seeds	½ tsp / 1 gm
Onion, medium-sized, chopped	1
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Cashew nut paste	2 tbsp / 20 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder	1 tsp / 2 gm
Tomatoes, chopped	250 gm / 9 oz
Water	1 cup / 250 ml / 8 fl oz
Salt to taste	
Cream	1 tbsp / 20 ml
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. For the koftas, parboil the spinach leaves and when cool enough to handle, squeeze out as much water as possible and mash.
2. Grind the poppy seeds and cashew nuts to a paste.
3. Mix the remaining ingredients of the koftas with the poppy seed paste and the spinach.
4. Divide this mixture into 8 portions and roll into balls. Heat the oil in a wok (*kadhai*); deep-fry the balls. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Keep aside.
5. For the gravy, heat the oil in a wok; add cumin seeds. When it crackles, add the onions and sauté till brown. Add the ginger and garlic pastes, cashew nut paste, turmeric powder, red chilli powder; and salt; sauté for 2-3 minutes.
6. Add the tomatoes and fry for another 8-10 minutes. Pour in the water and let the mixture simmer. Check for seasoning.
7. Before serving, add the koftas to the gravy and simmer for a few minutes.
8. Serve hot garnished with cream and green coriander.

Serves: 4



Bharwan Tamater

Tomatoes stuffed with morel mushrooms

Ingredients:

Tomatoes, round and firm	15
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onions, chopped	2 tbsp / 24 gm
Garlic (<i>lasan</i>), chopped	1 tbsp / 12 gm
Green chillies, finely chopped	2
Tomato pulp	100 gm / 3½ oz
Morel mushrooms (<i>guchhi</i>), chopped	500 gm / 1.1 lb
Salt to taste	
Garam masala	2 tsp / 4 gm
Mint (<i>pudina</i>) leaves, chopped	2 tsp / 6 gm
Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml
Black cumin (<i>shahi jeera</i>) seeds, roasted, powdered	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>), chopped	½ tsp / 4 gm
For the sauce:	
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Green cardamom (<i>choti elaichi</i>) powder	2/3 tsp / 1 gm
Bay leaf (<i>tej patta</i>)	1
Onion, sliced	4 tsp / 20 gm
Garlic	2 tsp / 12 gm
Tomatoes, chopped	300 gm / 11 oz
Water	2 cups / 500 ml / 16 fl oz
Salt to taste	
Cream	3 tbsp / 60 gm / 2 oz
Mace (<i>javitri</i>) powder	1 tsp / 2 gm

Method:

1. Slice the top of the tomatoes, keep them aside. Scoop out the pulp from the tomato cups and drain upside down on paper towels.
2. Heat the oil in a pan; sauté the onions, garlic, and tomato pulp over medium heat until the moisture evaporates completely and the oil separates from the mixture.
3. Stir in the green chillies and mushrooms. Cook on high heat for 10-15 minutes or till the mushrooms are soft. Add the salt, garam masala, mint leaves, lemon juice, black cumin powder, and 1 tsp green coriander. Mix well. Remove from heat and set aside to cool.
4. Fill each tomato cup with this mushroom mixture and cover with the tomato top. Bake the stuffed tomatoes in a greased baking tray for 15 minutes.
5. **For the sauce**, heat the oil in a pan. Sauté the green cardamom powder, bay leaf, onions, garlic, and tomatoes. Then add water and salt; cook for about 30 minutes.
6. Strain the sauce through a fine sieve. Transfer to a saucepan and bring the sauce to a slow boil. Add the cream and mace powder.
7. Pour the sauce over the baked tomatoes and sprinkle the remaining green coriander.
8. Serve hot.

Serves: 4-5



Hyderabadi Mirchi Ka Salan

Hyderabadi chilli curry

Ingredients:

Green chillies, large, slit lengthwise, deseeded	200 gm / 7 oz
Tamarind (<i>imli</i>), soaked in warm water	4 tbsp / 60 gm / 2 oz
Coconut (<i>nariyal</i>), grated	½ cup / 50 gm / 1¾ oz
Groundnuts (<i>moongphalli</i>)	½ cup / 50 gm / 1¾ oz
Sesame (<i>til</i>) seeds	¼ cup / 30 gm / 1 oz
Coriander (<i>dhaniya</i>) seeds, roasted	4 tsp / 8 gm
Cumin (<i>jeera</i>) powder	4 tsp / 6 gm
Red chilli powder	2½ tsp / 5 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Brown onion paste (see p. 10)	1 kg / 2.2 lb
Ginger (<i>adrak</i>) paste	1 tbsp / 12 gm
Garlic (<i>lasan</i>) paste	1 tbsp / 12 gm
Vegetable oil	2 cups / 400 ml / 14 fl oz
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Onion seeds (<i>kalonji</i>)	1 tsp / 3 gm
Curry leaves (<i>kadhi patta</i>)	20
Cumin seeds	2 tsp / 3 gm

Method:

1. Squeeze out the water from the tamarind and retain the pulp.
2. Broil the coconut, groundnuts, and sesame seeds. Grind to a fine paste. Mix in the coriander seeds, cumin powder, red chilli powder, turmeric powder, salt, brown onion paste, ginger and garlic pastes.
3. Fill this prepared paste into the slit green chillies. Keep aside.
4. Heat the oil in a wok (*kadhai*); fry the stuffed green chillies to a golden brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Keep aside.
5. In the same oil, sauté the mustard seeds, onion seeds, curry leaves, and cumin seeds. Stir in the leftover ground paste and the tamarind pulp. Cook on low heat for 10 minutes. Add the fried green chillies and simmer for another 10 minutes.
6. Serve hot.

Serves: 4-5



Kamal Kakri Lajawab

Lotus stems in an exotic curry

Ingredients:

Lotus stems (<i>kamal kakri</i>), peeled, cut into 1½" pieces discarding the ends, washed	800 gm / 28 oz
Mustard (<i>sarson</i>) oil	1¼ cups / 250 ml / 9 fl oz
Water	1 cup / 250 ml / 8 fl oz
Cloves (<i>laung</i>)	2
Green cardamom (<i>choti elaichi</i>)	2
Fennel (<i>moti saunf</i>) powder	2 tbsp / 6 gm
Salt	1 tsp / 4 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Cinnamon (<i>dalchini</i>) powder	½ tsp / 1 gm
Black cardamom (<i>badi elaichi</i>) powder	1 tsp / 2 gm
Yoghurt (<i>dahi</i>), whisked	1½ kg / 3.3 lb

Method:

1. Heat the mustard oil in a wok (*kadhai*); deep-fry the lotus stems till half cooked. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Keep aside.
2. In the same wok, add the fried lotus stems and water, bring to the boil. Add all the spices and mix in the yoghurt. Cook till the curry thickens and the lotus stems are tender, stirring regularly.
3. Serve hot.

Serves: 4

Bhutte Ki Subzi

Baby corn delight

Ingredients:

Baby corn (<i>bhutta</i>), boiled, diced into ½" cubes	1½ kg / 3.3 lb
Ginger-garlic (<i>adrak-lasan</i>)	4 tsp / 25 gm
Vegetable oil	1 tbsp / 15 ml
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Tomato purée	1 cup / 200 ml / 7 fl oz
Yoghurt (<i>dahi</i>), whisked	1 cup / 200 gm / 7 oz
Green peas (<i>hara matar</i>), shelled	100 gm / 3½ oz
Salt	2 tsp / 8 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Serves: 4

Method:

1. Extract the ginger-garlic juice from the paste and discard the pulp.
2. Heat the oil in a wok (*kadhai*); add the cumin seeds and sauté till it starts spluttering. Stir in the tomato purée and cook for about 6-8 minutes or till the raw flavour disappears.
3. Stir in the yoghurt, baby corn, and green peas. Cook for about 5 minutes.
4. Season with salt and the ginger-garlic juice. Cook for another 2 minutes or until the gravy thickens.
5. Serve hot garnished with green coriander and accompanied with any Indian bread.



Kaye Curry

Mixed vegetable curry

Ingredients:

Potatoes, diced	1 cup
Red pumpkin (<i>lal kaddu</i>), peeled, diced	2 cups
Bottle gourd (<i>lauki</i>), peeled, diced	1 cup
French beans, cut into small pieces	1 cup
Drumsticks (<i>saijan ki phalli</i>), cut into 6 cm pieces	2
Raw bananas, diced into 3 cm pieces	2
Salt to taste	
Green chillies	2
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Coconut (<i>nariyal</i>) milk, fresh or canned	1 cup / 200 ml / 7 fl oz
Coconut oil	½ cup / 100 ml / 3½ fl oz
Black mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Curry leaves (<i>kadhi patta</i>)	½ cup / 7 gm
Yoghurt (<i>dahi</i>)	2 cups / 400 gm / 14 oz
For the garnish:	
Mint (<i>pudina</i>) leaves, chopped	1 tbsp / 4 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Boil all the vegetables in a pot with salt and 1 cup water. Cook till they turn soft and all the water has dried up.
2. Grind the green chillies and cumin seeds to a paste with coconut milk.
3. Heat the coconut oil in a separate pan; add the black mustard seeds and curry leaves. When they splutter, add the coconut paste and yoghurt. Stir well, add boiled vegetables and cook covered for 5-6 minutes.
4. Serve hot garnished with mint leaves and green coriander.

Serves: 4-6

Melgor / Alsande

Black-eyed bean curry

Ingredients:

Black-eyed beans (*lobia*),
soaked for 30 minutes 1¼ cups / 200 gm / 7 oz

For the spice paste:

Kashmiri chillies (<i>sookhi lal mirch</i>)	8
Coriander (<i>dhaniya</i>) seeds	1½ tsp / 3 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Coconut (<i>nariyal</i>), grated	1¼ cups / 100 gm / 3½ oz
Garlic (<i>lasan</i>), minced	1 tsp / 6 cloves
Tamarind (<i>imli</i>), lemon-sized ball	20 gm

Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Onion, medium-sized, sliced	1
Curry leaves (<i>kadhi patta</i>)	6-8
Green chillies, slit	3
Salt	2 tsp / 8 gm
Sugar	a pinch

Method:

1. Boil the beans in water to cover till just cooked. Keep aside.
2. **For the spice paste**, grind the ingredients with ½ cup water to a smooth paste.
3. Heat the oil in a pan; add the onion and sauté till soft. Add the spice paste and curry leaves; sauté for 2 minutes. Add the boiled beans, green chillies, salt, sugar, and 1½ cups of water; cook for 10 minutes on moderate heat. Adjust seasoning.
4. Serve hot with steamed rice.

Serves: 6



Xengo Temperado

Curried drumsticks

Ingredients:

Drumsticks (*saijan ki phalli*),
cut into 2½" pieces 8

Grind to a smooth paste with a little water:

Coconut (<i>nariyal</i>), grated	2/3 cup / 50 gm / 1¾ oz
Green chillies	3
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	¼ tsp
Garlic (<i>lasan</i>), minced	¾ tsp / 4 cloves
Ginger (<i>adrak</i>), minced	¾ tsp / ¾" piece

Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Onion, large, finely sliced	1
Salt	¾ tsp / 3 gm
Vinegar (<i>sirka</i>)	1 tbsp / 15 ml

Method:

1. Peel off the hard outer fibre of the drumsticks.
2. Heat the oil in a pan; sauté the onion till soft. Add the ground spice paste and sauté for 1 minute.
3. Add the drumsticks. Stir well. Add ½ cup of water and salt; cook covered on low heat until done.
4. Add vinegar and cook for 2 minutes more. Adjust seasoning. Serve hot.

Variations: Use 250 gm of any vegetable especially gherkins cut lengthways or chopped cluster beans.

Add a few peeled prawns together with vegetables like bottle gourd, aubergine, and okra. Add extra water to make a curry.

Serves: 6

Sambhariya Bhindi

Stuffed okra cooked in yoghurt

Ingredients:

Okra (<i>bhindi</i>), slit lengthwise	250 gm / 9 oz
Vegetable oil for frying	
Yoghurt (<i>dahi</i>), whisked	2 tbsp / 60 gm / 2 oz
Salt to taste	
For the filling:	
Coconut (<i>nariyal</i>), grated	2 tbsp / 8 gm
Green chilli paste	½ tsp / 2½ gm
Green coriander (<i>hara dhaniya</i>)	½ cup / 12½ gm
Cumin-coriander (<i>jeera-dhaniya</i>) powder	½ tsp / ¼ gm
Ginger (<i>adrak</i>) paste	¼ tsp / 1½ gm

Method:

1. For the filling, mix all the ingredients together. Carefully stuff each okra with this filling.
2. Heat the oil in a frying pan till it starts smoking; lower heat to medium and deep-fry the stuffed okra, a few at a time, until soft. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
3. In a separate pan, add the yoghurt and the fried okra; cook on low heat for approximately 3-4 minutes. Do not bring the mixture to the boil or else the yoghurt will curdle. Add salt to taste and mix well. Serve hot.

Serves: 2



Methi Moothia

Steamed fenugreek dumplings in a thick gravy

Ingredients:

Gram flour (<i>besan</i>)	1 cup / 100 gm / 3½ oz
Fenugreek (<i>methi</i>) leaves, finely chopped	½ cup / 15 gm
Green chilli, finely chopped	1
Vegetable oil	1 tbsp / 15 ml
For the gravy:	
Vegetable oil	1 tbsp / 15 ml
Onion, medium-sized, chopped	1
Tomatoes, peeled	2
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm

Method:

1. Sift the gram flour in a bowl, add fenugreek leaves, green chilli, and oil. Knead into a semi-hard dough and let the dough rest for 5 minutes.
2. Divide the dough into ½" round balls. Grease the steamer and steam the balls for about 7-8 minutes.
3. For the gravy, heat the oil in a wok (*kadhai*); add the onion and fry till brown.
4. Add the tomatoes, cumin seeds, ginger paste, and garlic paste; cook for about 10 minutes or till the gravy is thick.
5. Add the steamed balls and cook for 5 minutes.
6. Serve hot with roti.

Serves: 4

Tamater Gogji

Turnips in tomato curry

Ingredients:

Turnips (<i>shalgam</i>), medium-sized	1 kg / 2.2 lb
Vegetable oil	
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Asafoetida (<i>hing</i>)	a pinch
Cloves (<i>laung</i>)	4 tbsp
Black cardamom (<i>badi elaichi</i>)	2
Salt to taste	
Tomato purée	1¼ cups / 250 ml / 8 fl oz
Red chilli powder	½ tbsp / 1 gm
Water	1 cup / 250 ml / 8 fl oz
Ginger powder (<i>sonth</i>)	2 tsp / 4 gm
Aniseed (<i>saunf</i>) powder	1 tbsp / 5 gm
Tikki masala (see p. 10), crushed	½ tsp / 1 gm

Method:

1. Remove the ends of the turnips. Cut the rest into 4 portions. Wash and keep aside.
2. Heat the oil in a pot; add garlic paste and asafoetida. Sauté a little then add cloves, black cardamom, salt, and turnips. Sauté for about 5 minutes on low heat, stirring occasionally.
3. Add tomato purée and cook till the oil separates. Mix the red chilli powder with a few tsp of water and add to the turnips. Stir well till it attains a nice red colour.
4. Quickly add the water, followed by ginger and aniseed powders. Cook till the turnips become tender. Sprinkle *tikki* masala and cook for 2 minutes more. Serve hot with rice.

Serves: 8



Dum Gogji

Curried turnips

Ingredients:

Turnips (<i>shalgam</i>), washed	1 kg / 2.2 lb
Vegetable oil for frying	1 cup / 200 ml / 7 fl oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Cloves (<i>laung</i>)	5-6
Bay leaves (<i>tej patta</i>)	2
Black cardamom (<i>badi elaichi</i>)	2
Salt to taste	
Asafoetida (<i>hing</i>)	a pinch
Red chilli powder	2 tsp / 4 gm
Yoghurt (<i>dahi</i>)	2 tbsp / 40 gm / 1¼ oz
Water	1 cup / 250 ml / 8 fl oz
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	1 tbsp / 5 gm
Garam masala	1 tsp / 2 gm
Cinnamon (<i>dalchini</i>), 2" stick	1

Method:

1. Remove the ends of the turnips and cut into ½"- thick rounds. Pierce with a fork and put aside.
2. Heat the oil (for frying) and fry the turnips to a golden brown. Keep aside.
3. Heat 4 tbsp oil. Add cloves, bay leaves, black cardamom, salt, and asafoetida. Lower heat.
4. Add red chilli powder mixed in yoghurt. Stir briskly till the oil separates, ensuring that it does not stick to the bottom.
5. Stir in the water. Add the turnips, ginger and aniseed powders, and garam masala. Cook for 10 minutes on high heat until the gravy thickens and the oil separates, stirring gently, occasionally. Serve hot.

Serves: 8-10

Tchat Gogji

Mashed turnip

Ingredients:

Turnips (<i>shalgam</i>)	500 gm / 1.1 lb
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Asafoetida (<i>hing</i>)	a pinch
Sugar	a pinch
Salt to taste	
Dry red chillies (<i>sookhi lal mirch</i>), deseeded, halved	3
Tikki masala (see p. 10), crushed	½ tsp
Water	½ cup / 125 ml / 4 fl oz

Serves: 4-6

Method:

1. Wash and cut the turnips into thick, wafer-like slices.
2. Heat the oil in a heavy-bottomed pot; add turnips, asafoetida, sugar, and salt.
3. Add dry red chillies and stir well. Cover the pot and cook on high heat for 5 minutes, stirring often to make sure that it does not stick to the bottom of the pot.
4. Add *tikki* masala and water; stir well. Lightly mash the turnips with the back of the ladle, while stirring. Cook till the liquid almost dries up. Serve hot, accompanied with rice and plain yoghurt.



Nadur Yakkhn

Lotus stems in yoghurt

Ingredients:

Lotus stems (<i>kamal kakri</i>)	500 gm / 1.1 lb
Water	2 cups / 500 ml / 16 fl oz
Aniseed (<i>saunf</i>) powder	1 tbsp / 5 gm
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Black cardamom (<i>badi elaichi</i>), lightly crushed	2
Bay leaves (<i>tej patta</i>)	2
Black peppercorns (<i>sabut kali mirch</i>)	4
Black cumin (<i>shahi jeera</i>) seeds	½ tsp / 1 gm
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Yoghurt (<i>dahi</i>)	1¼ cups / 250 gm / 9 oz
Garam masala	½ tsp / 1 gm
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Cloves (<i>laung</i>)	4
Green cardamom (<i>choti elaichi</i>), crushed	4

Method:

1. Scrape the lotus stems. Cut into 2" cylindrical pieces. Wash well to remove all traces of mud.
2. Boil the lotus stems. Add aniseed powder, ginger powder, black cardamom, bay leaves, black cumin seeds, black peppercorns, asafoetida, and salt. Boil for 15 minutes on high heat.
3. Whisk the yoghurt and garam masala until smooth. Add to the pot and cook for 5 minutes on high heat, till the gravy thickens. Then simmer for a while.
4. In a another pan, heat the oil and sauté the cloves and green cardamom. Add to the pot and cook for a few more minutes. Serve hot with boiled rice.

Serves: 4-6

Phoolgobhi Roganjosh

Cauliflower curry

Ingredients:

Cauliflower (<i>phool gobhi</i>)	1 kg / 2.2 lb
Vegetable oil for frying	1 cup / 200 ml / 7 fl oz
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz
Cloves (<i>laung</i>)	4
Bay leaves (<i>tej patta</i>)	2
Black cardamom (<i>badi elaichi</i>), crushed	3
Asafoetida (<i>hing</i>)	a pinch
Red chilli powder	2 tsp / 4 gm
Yoghurt (<i>dahi</i>)	2 tbsp / 60 gm / 2 oz
Water	½ cup / 125 ml / 4 fl oz
Salt to taste	
Ginger powder (<i>sonth</i>)	½ tbsp / 3 gm
Aniseed (<i>saunf</i>) powder	2 tsp / 4 gm
Garam masala	1 tsp / 2 gm

Method:

1. Cut the cauliflower into 6-7 florets each. Soak in saline water for 3-4 minutes. Rinse and put aside.
2. Heat the oil (for frying) in a deep pan. Fry the florets to a golden brown. Remove and drain the excess oil.
3. Heat 5 tbsp oil; add cloves, bay leaves, black cardamom, and asafoetida. Stir on low heat for a few seconds. Stir in red chilli powder with yoghurt and add to the pan. Cook on high heat till the oil separates, stirring continuously.
4. Add the water and stir. Add cauliflower, salt, ginger powder, aniseed powder, and garam masala. Cook for 10 minutes on low heat, taking care that the mixture does not stick to the bottom.
5. Remove from heat and serve hot.

Serves: 4



Tsok Vangun

Tangy aubergines

Ingredients:

Aubergines (<i>baingan</i>), small	500 gm / 1.1 lb
Vegetable oil for frying	1 cup / 200 ml / 7 fl oz
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Red chilli powder	1 tsp / 2 gm
Water	1 cup / 250 ml / 8 fl oz
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	2 tsp / 4 gm
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Tamarind (<i>imli</i>) paste	4 tsp / 20 gm
Green chillies, slit	2

Serves: 6

Method:

1. Snip the tips and tails of the aubergine and quarter them lengthwise. Soak in water until they are to be used, to prevent them from turning brown.
2. Heat the oil (for frying) in a broad pan. Fry the aubergines to a golden brown. Remove with a slotted spoon and keep aside.
3. Heat 3 tbsp oil in a pan. Stir in red chilli powder, mixed with 4 tsp water. Add water, fried aubergine, ginger powder, aniseed powder, asafoetida, and salt. Cook for 5 minutes on high heat.
4. Mix in the tamarind paste, add green chillies and cook till the gravy thickens and the oil separates. Serve hot.

Dum Monji

Fried kohlrabi curry

Ingredients:

Kohlrabi (<i>ganth gobhi</i>)	1 kg / 2.2 lb
Vegetable oil for frying	1 cup / 200 ml / 7 fl oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Cloves (<i>laung</i>)	3-4
Bay leaves (<i>tej patta</i>)	2
Black cardamom (<i>badi elaichi</i>)	2
Cinnamon (<i>dalchini</i>), 2" stick	1
Salt to taste	
Asafoetida (<i>hing</i>)	a pinch
Red chilli powder	2 tsp / 4 gm
Yoghurt (<i>dahi</i>)	2 tbsp / 60 gm / 2 oz
Water	1 cup / 250 ml / 8 fl oz
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	1 tbsp / 5 gm
Garam masala	1 tsp / 2 gm

Method:

1. Wash the kohlrabi, cut into ½"-thick rounds. Pierce all over with a fork and keep aside.
2. Heat the oil (for frying) in a pan. Fry the rounds to a golden brown. Keep aside.
3. Heat 4 tbsp oil in a deep pot. Add cloves, bay leaves, black cardamom, cinnamon stick, salt, and asafoetida; sauté on low heat.
4. Add red chilli powder mixed with yoghurt, stirring vigorously till the oil separates. Ensure that it does not stick to the bottom.
5. Add water, kohlrabi, ginger powder, aniseed powder, and garam masala. Stir well and cook on high heat until the gravy thickens and the oil separates. Serve hot.

Serves: 6



Monji Kalia

Kohlrabi stew

Ingredients:

Kohlrabi (<i>ganth gobhi</i>)	1 kg / 2.2 lb
Vegetable oil	1¼ cups / 250 ml / 8 fl oz
Cloves (<i>laung</i>)	4
Black cardamom (<i>badi elaichi</i>), crushed	2
Asafoetida (<i>hing</i>)	a pinch
Water	1 cup / 250 ml / 8 fl oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	1 tbsp / 5 gm
Garam masala	½ tsp / 1 gm
Salt to taste	
Yoghurt (<i>dahi</i>)	2 tbsp / 60 gm / 2 oz
Milk	2 tbsp / 30 ml / 1 fl oz
Green cardamom (<i>choti elaichi</i>)	3

Method:

1. Wash, peel and cut the kohlrabi into 1" cubes.
2. Heat the oil and fry the kohlrabi until golden. Drain and keep aside.
3. Heat 3 tbsp oil in a deep pot; add cloves, black cardamom, and asafoetida. Fry a little and then add water. Cover to prevent the oil from spattering.
4. Add the kohlrabi, turmeric powder, ginger powder, aniseed powder, garam masala, and salt. Cook on high heat for 10 minutes.
5. Add the milk and yoghurt (whisked together), stirring constantly till it comes to the boil. Cook for 5 minutes and then remove from heat.
6. Heat 1 tbsp oil in a small pan, sauté the cardamom and add to the pot. Serve hot.

Serves: 4

Monji Hak

Kohlrabi curry

Ingredients:

Kohlrabi (<i>ganth gobhi</i>), with leaves	1 kg / 2.2 lb
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Water	1½ cups / 375 ml / 12 fl oz
Dry red chillies (<i>sookhi lal mirch</i>), deseeded	4
<i>Tikki masala</i> (see p. 10), crushed	½ tsp

Serves: 4-6

Method:

1. Separate the leaves of the kohlrabi and cut their stems. Peel the kohlrabi and slice into wafer-thin slices. Wash the leaves and slices well and keep aside.
2. Heat the oil in a heavy-bottomed pot; add kohlrabi, asafoetida, and salt. Stir and then add the leaves. Cook for 2 minutes.
3. Add water and dry red chillies. Cook covered on high heat for 10 minutes. Stir occasionally. Lower heat and add *tikki masala*. Stir well and cook uncovered on low heat for 5-7 minutes. Traditionally the gravy is thin in consistency, but you can cook it to your preference.
4. Serve hot accompanied with steamed rice.



Karela Yakhn

Bitter gourd in yoghurt

Ingredients:

Bitter gourds (<i>karela</i>), scraped, washed	1 kg / 2.2 lb
Vegetable oil for frying	1 cup / 200 ml / 7 fl oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Cloves (<i>laung</i>)	4
Green cardamom (<i>choti elaichi</i>), crushed	4
Asafoetida (<i>hing</i>)	a pinch
Water	½ cup / 125 ml / 4 fl oz
Yoghurt (<i>dahi</i>), whisked	2 cup / 400 gm / 14 oz
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	2 tsp / 4 gm
Garam masala	1 tsp / 2 gm
Salt to taste	

Method:

1. Slit the bitter gourds lengthwise on one side. Remove the seeds and spread them on a plate. Rub 2 tsp salt over them and keep aside for 5 minutes. Wash well and drain the excess water.
2. Heat the oil (for frying) and lightly fry the bitter gourds on high heat. Keep aside.
3. Heat 4 tbsp oil in a pan; add cloves, green cardamom, and asafoetida. Stir in the water and bring to the boil.
4. Mix the yoghurt with ginger powder, aniseed powder, garam masala, and salt. Add to the pan, stirring continuously, till the mixture boils.
5. Add the bitter gourds. Cook till the gravy thickens and the oil separates. Serve hot.

Serves: 8

Bhindi Jhal

Okra curry

Ingredients:

Okra (<i>bhindi</i>)	200 gm / 7 oz
Mustard (<i>sarson</i>) oil	2 tbsp / 30 ml / 1 fl oz
Fresh mustard paste (see p. 10)	2½ tbsp / 40 gm
Salt to taste	
Green chillies, slit	4 tsp / 20 gm
Water	4 tbsp / 60 ml / 2 fl oz

Method:

1. Wash the okra and pat dry. Cut off the tail and head; slit into half.
2. Heat the mustard oil in a pan and sauté the okra till it is a little soft.
3. Add the mustard paste, salt, green chillies, and water.
4. Cook on medium heat till the okra is done. Serve hot.

Serves: 4



Papaya Tarkari

Raw papaya curry

Ingredients:

Raw papaya, diced	300 gm / 11 oz
Vegetable oil	2 tbsp / 30 ml / 1 oz
<i>Panch phoran</i> (see p. 10)	2 tsp / 4 gm
Bay leaf (<i>tej patta</i>)	1
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Red chilli powder	1 tsp / 2 gm
Green chillies, chopped	2 tsp / 10 gm
Tomatoes, chopped	50 gm / 1¾ oz
Water	1 cup / 250 ml / 8 fl oz
Salt to taste	

Method:

1. Heat the oil in a wok (*kadhai*); add *panch phoran* and bay leaf. Let it crackle for a while.
2. Add papaya and sauté; add turmeric powder, ginger paste, red chilli powder, green chillies, and tomatoes.
3. Pour in the water and add salt. Cook till the water dries out and the papaya is cooked.
4. Serve hot.

Serves: 2-4

Aloo Ki Khatti Tarkari

Easy-to-make potato dish

Ingredients:

Potatoes, boiled, mashed roughly	250 gm / 9 oz
Vegetable oil	1 tbsp / 15 ml
Asafoetida (<i>hing</i>)	a pinch
Ginger (<i>adrak</i>), 1" piece, julienned	1
Turmeric (<i>haldi</i>) powder	¼ tsp
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Tomato purée, fresh	1¼ cups / 250 ml / 8 fl oz
Salt to taste	
Green chillies	2
Dry red chillies (<i>sookhi lal mirch</i>)	3

Method:

1. Heat the oil in the pan; add asafoetida, ginger, turmeric powder, coriander powder, and cumin powder. Sauté for a while.
2. Add the potatoes and sauté for 1 minute. Add tomato purée, salt, and green chillies. Cook for 2 minutes.
3. Garnish with dry red chillies and serve with *bharvin puri* (see p. 400) or *khasta kachori* (see p. 407).

Serves: 2



Aloo Chorchori

Potato and onion curry

Ingredients:

Potatoes, thinly sliced	200 gm / 7 oz
Onions, thinly sliced	½ cup / 60 gm / 2 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Red chilli powder	2 tsp / 4 gm
Water	½ cup / 125 ml / 4 fl oz

Method:

1. Heat the oil in a wok (*kadhai*); add onions and sauté till light pink in colour.
2. Add potatoes and sauté for 3-4 minutes.
3. Add turmeric powder, salt, red chilli powder, and water.
4. Cook on medium heat till the potatoes are done and the mixture has dried. Serve hot.

Serves: 4

Aloo Bhata

Mustard-flavoured mashed potatoes

Ingredients:

Potatoes, whole, boiled	300 gm / 11 oz
Salt to taste	
Green chillies, chopped	2 tsp / 10 gm
Mustard (<i>sarson</i>) oil	1 tbsp / 15 ml

Serves: 2-4

Method:

1. Peel the potatoes while still hot.
2. Mash the potatoes; add salt, green chillies, and mustard oil.
3. Divide the potato mixture equally and shape into small balls. Serve with steamed rice.



Aloo Dum

Potato cooked with yoghurt

Ingredients:

Potatoes, diced	300 gm / 11 oz
Ghee	2 tsp / 10 gm
Bay leaves (<i>tej patta</i>)	2
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Tomatoes, diced	100 gm / 3½ oz
Turmeric (<i>haldi</i>) powder	3 tsp / 6 gm
Salt	1 tsp / 4 gm
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Yoghurt (<i>dahi</i>)	¼ cup / 50 gm / 1¾ oz
Water	1 cup / 250 ml / 8 fl oz
Green chillies, chopped	2
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Heat the ghee in a wok (*kadhai*); add bay leaves and cumin seeds. Sauté for some time.
2. Add the tomatoes, turmeric powder, salt, and ginger paste. Cook for 1-2 minutes.
3. Add the potatoes and sauté. Pour in the yoghurt and mix well. Then add the water and cook till the potatoes are done.
4. Transfer into a serving dish and serve hot, garnished with green chillies and green coriander.

Serves: 2-4

Aloo Kalo Marich

Potato with black pepper

Ingredients:

Potatoes, boiled, diced	300 gm / 11 oz
Ghee	2 tbsp / 30 gm / 1 oz
Black peppercorns (<i>sabut kali mirch</i>), crushed	4 tsp / 24 gm
Salt to taste	

Method:

1. Heat the ghee in a wok (*kadhai*); add the potatoes and fry for 2 minutes.
2. Add black pepper and salt. Toss till the potatoes are coated well with the mixture. Serve hot.

Serves: 2-4



Aloo Posto

Potato with poppy seeds

Ingredients:

Potatoes, diced	200 gm / 7 oz
Poppy seeds (<i>khus khus</i>)	¼ cup
Mustard (<i>sarson</i>) oil	2 tbsp / 30 ml / 1 fl oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt	2 tsp / 8 gm
Water	2 cups / 500 ml / 16 fl oz
Green chillies, chopped	2 tsp / 10 gm

Method:

1. Boil the poppy seeds in double the quantity of water; grind to a paste. Keep aside.
2. Heat the mustard oil in a wok (*kadhai*) sauté the potatoes for 3-4 minutes.
3. Add poppy seed paste, turmeric powder, and water. Cook till the potatoes are done.
4. Add green chillies and serve immediately.

Serves: 4

Tareko Aloo

Delicately spiced fried potatoes – Nepalese style

Ingredients:

Potatoes, long ones, peeled	500 gm / 1.1 lb
Mustard (<i>sarson</i>) oil	1 cup / 200 ml / 7 fl oz
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	

Grind to a paste:

Garlic (<i>lasan</i>) cloves	8
Ginger (<i>adrak</i>)	1 tbsp / 24 gm
Green chillies	4-5
Black peppercorns (<i>sabut kali mirch</i>)	1 tsp / 6 gm

Serves: 2-4

Method:

1. Wash the potatoes and cut diagonally into 6"-long pieces. Wash once more and soak in cold water.
2. Heat the oil in a heavy-bottomed pan; add fenugreek seeds. Once they crackle, add the potatoes (drained). Add turmeric powder and stir.
3. Add salt and cook on high heat stirring once or twice. Avoid breaking the pieces. Once the outer coat of the potatoes is firm and evenly coloured to light brown, drain the excess oil, if any.
4. Add the ground paste and cook for 4-5 minutes, stirring occasionally, do not brown the paste. By this time the potatoes too will be reddish. Serve hot.



Khatte Aloo

Tangy potatoes

Ingredients:

Potatoes	600 gm / 22 oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onion, chopped	4 tsp / 24 gm
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder	1 tsp / 2 gm
Cumin powder	2 tsp / 3 gm
Cashew nut (<i>kaju</i>) paste (optional)	2 tbsp / 30 gm / 1 oz
Cloves (<i>laung</i>) powder	1 tsp / 2 gm
Cinnamon (<i>dalchini</i>) powder	a pinch
Salt to paste	
Yoghurt (<i>dahi</i>)	2 cups / 400 gm / 14 oz

Method:

1. Peel the potatoes and soak them in water.
2. Heat 1 tbsp oil in a pan; sauté the onion till brown.
3. Heat the remaining oil in a wok (*kadhai*); sauté the cumin seeds till they crackle. Add turmeric powder, red chilli powder, and cumin powder with ½ cup water.
4. Mix in the remaining ingredients and cook for 5 minutes. Add the peeled potatoes and seal the pan with dough. Cook on low heat (*dum*) for 30-35 minutes.
5. Remove from heat, transfer into a serving dish and serve hot.

Serves: 4

Aloo Methi

Fresh fenugreek leaves with potatoes

Ingredients:

Fenugreek (<i>methi</i>) leaves, fresh, chopped	1 kg / 2.2 lb
Potatoes, diced	500 gm / 1.1 lb
Ghee	4 tbsp / 60 gm / 2 oz
Dry red chillies (<i>sookhi lal mirch</i>), roasted	6
Coriander (<i>dhaniya</i>) seeds	2 tsp / 4 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Ginger (<i>adrak</i>), julienned	2 tbsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>), julienned	2 tbsp / 36 gm / 1¼ oz
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	

Method:

1. Sprinkle a little salt over the fenugreek leaves and keep aside for half an hour.
2. Heat the ghee in a wok (*kadhai*); add dry red chillies, coriander seeds, cumin seeds, ginger, garlic, asafoetida, and salt. Sauté for a few minutes.
3. Add potatoes and fenugreek leaves. Cook on low heat till the vegetables are tender and the mixture is dry.
4. Serve hot.

Serves: 4-6



Aloo Gobhi

Crispy cauliflower with potatoes

Ingredients:

Cauliflower (<i>phool gobhi</i>), cut into florets	500 gm / 1.1 lb
Potatoes, washed, diced	500 gm / 1.1 lb
Ghee	½ cup / 100 gm / 3½ oz
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Ginger (<i>adrak</i>), chopped	2 tbsp / 50 gm / 1¾ oz
Salt to taste	
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	2 tsp / 4 gm
Green chillies, chopped	5
Green coriander (<i>hara dhaniya</i>), chopped	½ cup / 12½ gm

Method:

1. Heat the ghee in wok (*kadhai*); add cumin seeds and ginger. Sauté for a while.
2. Add cauliflower and potatoes. Mix well. Add salt, turmeric powder, red chilli powder, and green chillies. Cover the pan and cook on low heat for 15 minutes or till the vegetables are done.
3. Serve hot, garnished with green coriander.

Serves: 2-4

Aloo Variya

Sun-dried dumplings with potatoes

Ingredients:

Sun-dried dumplings (<i>variya</i>)	200 gm / 7 oz
Potatoes, washed, quartered	500 gm / 1.1 lb
Ghee	½ cup / 100 gm / 3½ oz
Onion paste	1 cup / 300 gm / 11 oz
Ginger (<i>adrak</i>) paste	3 tsp / 18 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Tomato purée	1 cup / 200 ml / 7 fl oz
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	1 tsp / 2 gm
Salt to taste	

Method:

1. Heat the ghee in a wok (*kadhai*); fry the sun-dried dumplings till light brown in colour. Remove and keep aside.
2. In the same ghee, add onion, ginger and garlic pastes. Fry till light brown.
3. Add tomato purée. Cook for a few minutes. Add coriander powder, turmeric powder, red chilli powder, salt, and 2 cups of water. Mix well.
4. To this mixture, add sun-dried dumplings and potatoes and cook till they are soft and tender, and the gravy is thick. Serve hot.

Serves: 2-4



Bharwan Aloo

Potato baskets

Ingredients:

Potatoes, large, boiled, peeled	8
For the filling:	
Chickpeas (<i>kabuli chana</i>), boiled	100 gm / 3½ oz
Chaat masala	1 tbsp / 4 gm
Ginger (<i>adrak</i>), finely chopped	1 tbsp / 25 gm
Green chillies, finely chopped	2
Green coriander (<i>hara dhaniya</i>), finely chopped	1 tbsp / 4 gm
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Salt to taste	

Method:

1. Cut the potatoes in half and carefully scoop out the centres leaving a ½"-shell behind.
2. **For the filling**, mix the chickpeas, *chaat* masala, ginger, green chillies, green coriander, lemon juice and salt together. Press the filling into the potato shells.
3. Serve on a flat dish, hot or cold.

Serves: 5-6

Aloo Palak

Spinach and potato delight

Ingredients:

Spinach (<i>palak</i>), finely chopped	1 kg / 2.2 lb
Potatoes, boiled, cubed	250 gm / 9 oz
Water	8 cups / 2 lt / 64 fl oz
Salt to taste	
Maize flour (<i>makke ka atta</i>)	2 tsp / 10 gm
Ghee	2 tbsp / 30 gm / 1 oz
Onions, chopped	5 tsp / 30 gm / 1 oz
Ginger (<i>adrak</i>), finely chopped	5 tsp / 30 gm / 1 oz
Green chillies, finely chopped	3
Cream	2 tsp / 10 ml

Serves: 4

Method:

1. Boil the spinach in salt water for 10 minutes; then drain the excess water. When slightly cool, blend the boiled spinach in a blender.
2. Reheat the spinach purée, add the potatoes and mix well.
3. Add maize flour gradually, and cook for 10 minutes.
4. Heat the ghee in a separate pan; add onions and half the ginger; sauté till brown. Add green chillies and sauté for 1 minute.
5. Pour this over the potato-spinach mixture and stir well. Bring the mixture to the boil.
6. Serve hot garnished with the remaining ginger and cream.



Aloo Haryali

Spicy potato with fresh mint and coriander

Ingredients:

Potatoes, peeled, diced	600 gm / 22 oz
Mint (<i>pudina</i>) leaves, fresh	1 tsp / 2 gm
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Green chillies	3
Green coriander (<i>hara dhaniya</i>), chopped	½ cup / 12 gm
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Coriander (<i>dhaniya</i>) powder	1½ tsp / 2 gm
Red chilli paste	1½ tsp / 7 gm
Salt to taste	
Water	1 cup / 250 ml / 8 fl oz

Method:

1. Blend the mint leaves, lemon juice, green chillies, and green coriander into a fine paste.
2. Heat the oil in a heavy-bottomed pan; add ginger-garlic pastes and potatoes. Stir-fry for 2-3 minutes. Add cumin powder, coriander powder, and red chilli paste. Mix well. Add salt and water. Bring the mixture to the boil and simmer till the potatoes are cooked.
3. Add the green paste and stir-fry for 4-5 minutes till the mixture is dry.
4. Serve hot.

Serves: 3-4

Aloo Anar Dana

Potatoes flavoured with pomegranate seeds

Ingredients :

Potatoes, boiled, cut into 1½" cubes	1 kg / 2.2 lb
Pomegranate seeds (<i>anar dana</i>), dried, crushed	1 cup
Butter	½ cup / 85 gm / 2¾ oz
Coriander (<i>dhaniya</i>) powder	1 tbsp / 4½ gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Green chillies, slit	6
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 8 gm

Method :

1. Heat the butter in a heavy-bottomed pan; add coriander powder, turmeric powder, red chilli powder, and half of the pomegranate seeds. Mix thoroughly.
2. Add potatoes, salt, and green chillies. Mix gently, so that the spices coat the potatoes evenly. Lower heat and simmer for 10-15 minutes. Remove the pan from the heat.
3. Serve hot garnished with green coriander and the remaining pomegranate seeds.

Serves: 4



Olu Kashmiri

Fried spicy potatoes

Ingredients :

Potatoes, boiled, soaked in cold water	750 gm / 26 oz
Vegetable oil for frying	1 cup / 200 ml / 3½ fl oz
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz
Yoghurt (<i>dahi</i>)	4 tbsp / 80 gm / 2¾ oz
Red chilli powder	2 tsp / 4 gm
Water	1 cup / 250 ml / 8 fl oz
Aniseed (<i>saunf</i>) powder	1 tbsp / 5 gm
Ginger powder (<i>sonth</i>)	1½ tsp / 3 gm
Garam masala	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	a pinch
Black cardamom (<i>badi elaichi</i>)	2
Bay leaves (<i>tej patta</i>)	2
Cloves (<i>laung</i>)	4
Salt to taste	

Method :

1. Peel the potatoes and pierce right through with a toothpick, making 3-4 punctures through each.
2. Heat the oil and fry the potatoes, till they are golden brown. Drain the excess oil and keep aside.
3. Heat the oil (5 tbsp) in a heavy-bottomed pan. Mix together yoghurt and red chilli powder and add to the pan. Stir briskly till it takes a nice red colour, without letting it stick to the bottom.
4. Add water, stir well and then add all the spices. Bring to the boil. Add the fried potatoes and cook on low heat for 15 minutes.
5. Stir occasionally to prevent it from sticking to the bottom. Cook until the liquid is almost dry and the oil separates. Remove from heat and serve hot.

Serves: 4

Kashmiri Palak Olu

Spinach with potatoes

Ingredients:

Spinach (<i>palak</i>)	750 gm / 26 oz
Water for boiling	
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Cloves (<i>laung</i>)	3
Potatoes, peeled, washed, cut into 8 pieces	250 gm / 9 oz
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Red chilli powder	1 tsp / 2 gm
Water	1½ cups / 375 ml / 12 oz
Ginger powder (<i>sonth</i>)	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Tikki masala (see p. 10), crushed	½ tsp / 1 gm
Green chillies, slit	2

Method:

1. Remove the spinach stems and wash well.
2. Boil the spinach. After a few boils, drain the water and grind the spinach. Keep it aside.
3. In a deep pan, heat the oil. Sauté the cloves and potatoes for 1 minute. Add the spinach, asafoetida, and salt. Cook till the liquid dries and the oil separates.
4. Mix the red chilli powder in a few spoons of water and add to the spinach. Stir briskly and add the water, ginger powder, and turmeric powder. Cook till the water is almost dry.
5. Sprinkle the *tikki* masala and green chillies; cook further for 2-3 minutes. Serve hot with rice.

Serves: 4



Batata Hooman

Diced potatoes flavoured with asafoetida and coconut oil

Ingredients:

Potatoes, boiled, peeled, diced into 3 cm pieces	400 gm / 14 oz
Coconut (<i>nariyal</i>), fresh	½
Tamarind (<i>imli</i>) pulp	1 tbsp / 6 gm
Dry red chillies (<i>sookhi lal mirch</i>)	1 tbsp
Black mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Salt to taste	
Asafoetida (<i>hing</i>)	a pinch
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Water	1 cup / 250 ml / 8 fl oz
Coconut oil	1 tbsp / 15 ml

Method:

1. Grind the coconut, tamarind pulp, dry red chillies, and black mustard seeds to a paste.
2. In a frying pan, add this paste, salt, asafoetida, turmeric powder, and potatoes. Mix well. Add water and cook covered for 5-7 minutes.
3. Add coconut oil, and stir thoroughly. Serve hot.

Serves: 4-6

Bhaji

Dry spicy potato served with puri

Ingredients:

Potatoes, small, diced with skin	800 gm / 28 oz
Vegetable oil	1 tbsp / 15 ml
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Onion seeds (<i>kalonji</i>)	1 tsp / 2 gm
Cloves (<i>laung</i>)	4
Fennel (<i>saunf</i>) seeds	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	a pinch
Onion, chopped	2 tbsp / 24 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Red chilli powder	1 tsp / 2 gm
Coconut (<i>nariyal</i>), desiccated	1 tbsp / 4 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Tomato paste	1 tbsp / 15 gm
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz

Method:

1. Heat the oil in a wok (*kadhai*); add the cumin seeds, onion seeds, cloves, fennel seeds, and asafoetida. As they splutter, add the onion and garlic. Sauté for 3-4 minutes and then add rest of the ingredients and 2 tbsp water. Cook covered till the potatoes are done and the mixture is dry. Stir once or twice during cooking.
2. Serve hot with *puri* (see p. 399).

Serves: 4-6



Matar Keema Aloo

Minced peas and potatoes

Ingredients:

Green peas (<i>hara matar</i>), minced	300 gm / 11 oz
Potatoes, small, diced	5-6
Green chillies, chopped	1-2
Ginger (<i>adrak</i>), chopped	1½" piece
Tomatoes, chopped	400 gm / 14 oz
Ghee, melted	½ cup / 100 gm / 3½ oz
Cumin (<i>jeera</i>) seeds	1½ tsp / 3 gm
Cloves (<i>laung</i>), ground	6
Cinnamon (<i>dalchini</i>), 1" sticks, ground	2
Black peppercorns (<i>sabut kali mirch</i>), ground	6-8
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	½ tsp / 1 gm
Salt to taste	
Garam masala	3 tsp / 6 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Blend the green chillies, ginger, and tomatoes together.
2. Heat 4 tbsp ghee in a wok (*kadhai*); add the minced peas and fry till the oil separates.
3. Heat 2 tbsp ghee in a separate wok; add cumin seeds. When it crackles, add fried peas, and all the spices and condiments. Sauté for a while. Add green chilli purée and bring to the boil. Add potatoes and cook till tender. Add salt and garam masala. Serve garnished with green coriander.

Serves: 4-6

Janat-e-Numa

Stuffed potatoes in spinach sauce

Ingredients:

Potatoes	1 kg / 2.2 lb
Mustard (<i>sarson</i>) oil for frying	
For the filling:	
Mint (<i>pudina</i>) leaves	100 gm / 3½ oz
Green coriander (<i>hara dhaniya</i>)	250 gm / 9 oz
Green chillies	50 gm / 1¼ oz
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Mango powder (<i>amchur</i>)	5 tsp / 10 gm
Raisins (<i>kishmish</i>)	½ cup / 50 gm / 1¾ oz
Salt to taste	
Mustard oil	½ cup / 100 ml / 3½ fl oz
Turmeric (<i>haldi</i>) powder	2½ tsp / 5 gm
Tomatoes, finely chopped	200 gm / 7 oz
Spinach (<i>palak</i>), washed	1 kg / 2.2 lb
Fenugreek (<i>methi</i>) leaves, washed	250 gm / 9 oz
Red chilli powder	10 tsp / 20 gm
Salt to taste	
Coriander (<i>dhaniya</i>) powder	5 tsp / 7½ gm
Garam masala	5 tsp / 10 gm
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Ghee	2 tbsp / 30 gm / 1 oz
Green coriander, chopped	2 tbsp / 8 gm
Ginger (<i>adrak</i>), ½" piece, julienned	1

Method:

1. Peel and scoop out the inside portion of the potatoes, leaving the outer skin intact.
2. Heat the mustard oil till smoking in a wok (*kadhai*); deep-fry the potato shells till crisp and golden. Remove with a slotted spoon and drain the excess oil on absorbent kitchen paper towels.
3. **For the filling**, blend all the ingredients together to a smooth paste. Keep aside.
4. Heat the oil till smoking in the same wok; add turmeric powder, tomatoes, spinach, and fenugreek leaves. Sauté for 15 minutes or till the mixture thickens.
5. Remove from heat and keep aside to cool. When cool, blend this spinach mixture.
6. Fill the fried potato shells with the mint and coriander paste and put them on a frying pan.
7. Pour the spinach gravy over the stuffed potatoes. Add 2 tbsp ghee and cook the potatoes on *dum* (see p. 520) for about 1 hour.
8. Serve hot garnished with green coriander and ginger.

Note: Mustard oil should be heated to smoking point and then cooled before adding the other ingredients.

Serves: 10



Mag Na Dal Na Khichdi

Green gram cooked with rice

Ingredients:

Whole green gram (<i>moong dal</i>), washed, soaked for ½ hour, drained	1 cup / 150 gm / 5 oz
Rice, washed, soaked for ½ hour, drained	¾ cup / 150 gm / 5 oz
Water, hot	4 cups / 1 lt / 32 fl oz
Turmeric (<i>haldi</i>) powder	¼ tsp
Salt to taste	
Black peppercorns (<i>sabut kali mirch</i>)	6
Ghee	1 tbsp / 15 gm

Method:

1. Cook the green gram and rice in a pressure cooker. Add the water, turmeric powder, salt, and black peppercorns.
2. Allow one whistle, wait for the pressure in the cooker to subside and then open the cooker carefully. Add ghee, adjust seasoning and serve. It should be of pouring consistency.

Serves: 5

Haleem Shakahari

A balanced vegetarian one-dish meal

Ingredients:

Broken wheat or wheat porridge (<i>dalia</i>)	1½ cups / 270 gm / 10 oz
Split red gram (<i>arhar dal</i>)	4 tbsp / 100 gm / 3½ oz
Lentil (<i>masoor dal</i>)	2 tbsp / 30 gm / 1 oz
Split Bengal gram (<i>chana dal</i>)	2 tbsp / 50 gm / 1¾ oz
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Onions, sliced	1½ cups / 180 gm / 6 oz
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¾ oz
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¾ oz
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Red chilli powder	2 tsp / 4 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Water	6 cups / 1½ lt / 48 fl oz
Cauliflower (<i>phool gobhi</i>), cut into small florets	150 gm / 5 oz
Green peas (<i>hara matar</i>), shelled	50 gm / 1¾ oz
Carrots (<i>gajar</i>), cut into 1" pieces	50 gm / 1¾ oz
Capsicum (<i>Shimla mirch</i>), sliced, with the seeds removed	2
Garam masala	2 tsp / 4 gm

Method:

1. Separately soak in water the broken wheat, split red gram, lentil, and split Bengal gram overnight or for at least 12 hours.
2. Wash the above well and remove the husk from the wheat. Drain and keep aside for 30 minutes.
3. Heat the ghee / oil in a large pan. When hot, add onions and sauté until they are golden brown. Add the garlic and ginger pastes. Fry until brown. Add the coriander powder, cumin powder, red chilli powder, turmeric, salt, broken wheat and the other pulses. Mix well.
4. Add water, cover and cook on very low heat for 1½ hours. When cooked, the wheat should be pulpy and the pulses tender. Add the cauliflower, green peas, carrots, and capsicum. Stir and add the garam masala. Cook until the vegetables are tender and the ghee / oil comes to the surface.

Serves: 4-6



Khade Masoor Ke Dal

Lentil flavoured with curry leaves

Ingredients:

Lentil (<i>masoor dal</i>), picked, washed	1 cup / 100 gm / 3½ oz
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Onions, finely chopped	1 cup / 120 gm / 4 oz
Green chillies, chopped	4 / 12 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Curry leaves (<i>kadhi patta</i>)	12
Salt to taste	
Juice of lemon (<i>nimbu</i>)	1

Method:

1. Heat the ghee / oil in a pan; add onions, green chillies, garlic and ginger pastes, red chilli powder, turmeric powder, and curry leaves. Fry for 3 minutes.
2. Add the lentil and salt. Fry for 4 minutes. Pour in 1 cup of hot water. Bring to the boil, cover, and simmer until tender and the ghee / oil surfaces. Add the lemon juice and stir.

Serves: 4

Methi Masoor Ki Dal

Lentil flavoured with fenugreek

Ingredients:

Fenugreek (<i>methi</i>) leaves, washed, finely chopped	500 gm / 1.1 lb
Lentil (<i>masoor dal</i>)	1 cup / 100 gm / 3½ oz
Ghee / Vegetable oil	½ cup / 100 gm / 3½ fl oz
Onions, sliced	¾ cup / 90 gm / 3 oz
Ginger (<i>adrak</i>), minced	1 tsp / 6 gm
Garlic (<i>lasan</i>), minced	1 tsp / 6 gm
Red chilli powder	3 tsp / 12 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	

Method:

1. Heat the ghee / oil in a pan. When hot, add onions and sauté until they turn golden brown. Add the ginger and garlic. Cook until brown. Add the red chilli powder and turmeric.
2. Put in the fenugreek leaves and lentil and cook until the leaves change colour. Add salt to taste and 1 cup of water. Cook on low heat until the water dries and the lentil becomes tender.

Serves: 4-6



Telia Ma

Split black gram cooked in yoghurt

Ingredients:

Split black gram (<i>urad dal</i>), soaked in water for 12 hours	1 cup / 150 gm / 5 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Yoghurt (<i>dahi</i>), whisked	1 cup / 200 gm / 7 oz
Ghee / Vegetable oil	1 cup / 200 gm / 7 oz
Black cardamom (<i>badi elaichi</i>)	4 / 2 gm
Cinnamon (<i>dalchini</i>), 1" sticks	2
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Onions, sliced	6
Garlic (<i>lasan</i>) cloves, chopped	6
Ginger (<i>adrak</i>), chopped	2 tsp / 12 gm
Tomatoes, chopped	1 cup
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Red chilli powder	1 tsp / 2 gm

Method:

1. Drain and wash the split black gram. Heat 3½ cups of water and bring to the boil. Add the black gram, turmeric powder, and salt. Cook until it becomes tender and a little water remains. Remove from heat and cool.
2. Pour the cooled black gram into a large plate and add the yoghurt. Keep aside.
3. Heat the ghee / oil; add black cardamom, cinnamon sticks, and cumin seeds. When they crackle, add the onions, garlic, and ginger. Fry until golden brown. Add the tomatoes, coriander powder, and red chilli powder. Cook until the tomatoes are well blended and the ghee / oil comes to the surface.
4. Add the black gram and yoghurt and cook on low heat until all the liquid is absorbed.

Serves: 4-6

Sookhi Dal

Black gram cooked dry

Ingredients:

Split black gram (<i>dhuli urad dal</i>), soaked overnight	1 cup / 150 gm / 5 oz
Ghee	1 tbsp / 15 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Green chillies, slit	4
Onion, sliced, fried	1
Garam masala	¼ tsp / ½ gm
Mango powder (<i>amchur</i>)	1 tsp / 2 gm
Black pepper (<i>kali mirch</i>) powder	½ tsp / 1 gm
Salt to taste	

Serves: 3-4

Method:

1. Rub the split black gram with your hands to remove the skin. Drain.
2. Heat the ghee in a pan; add cumin seeds and green chillies. When they start spluttering, add black gram and salt; stir-fry for 4-5 minutes.
3. Pour 2 cups of water; cook on high heat till little water remains. Lower heat and simmer till the grains are cooked and the mixture is dry. Stir gently and occasionally so that the grains don't break and stick to the bottom of the pan.
4. Transfer to a bowl; garnish with fried onion, garam masala, mango powder, and black pepper powder. A dollop of butter or 1 tbsp of hot ghee can be added to enhance the flavour.



Tamaterwaali Urad Dal

Dry black gram cooked with tomatoes

Ingredients:

Split black gram (<i>urad dal</i>), washed, drained	1 cup / 150 gm / 5 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	
Ghee	½ cup / 100 gm / 3½ oz
Onions, chopped	½ cup / 60 gm / 2 oz
Garlic (<i>lasan</i>), finely chopped	3 tsp / 9 gm
Ginger (<i>adrak</i>), thinly sliced	4 tsp / 24 gm
Green chillies, finely chopped	6
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Red chilli powder	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	¼ tsp / 1 gm
Tomatoes, chopped	2
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Boil the split black gram in 2 cups water with turmeric powder and salt. Cook until soft and little water remains.
2. Heat the ghee in a wok (*kadhai*); add onions, garlic, and ginger; sauté till light brown. Add green chillies, cumin seeds, red chilli powder, asafoetida, tomatoes, and green coriander.
3. Cook for a few minutes till the tomatoes turn soft. Then add this mixture to the cooked split black gram and mix well.
4. Serve hot.

Serves: 3-4

Mogar

Dry and spicy green gram

Ingredients:

Split green gram (<i>dhuli moong dal</i>), soaked for 30 minutes	1¼ cups / 250 gm / 9 oz
Ghee	4 tbsp / 60 gm / 2 oz
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Asafoetida (<i>hing</i>)	a pinch
Bay leaves (<i>tej patta</i>)	1-2
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder	1 tsp / 2 gm
Salt	1 tsp / 4 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Garam masala	½ tsp / 1 gm
Mango powder (<i>amchur</i>)	1 tsp / 2 gm
Sugar	½ tsp / 1½ gm

Method:

1. Heat the ghee in a wok (*kadhai*); add the cumin seeds, asafoetida, and bay leaves. When they start spluttering, add the turmeric powder and red chilli powder; sauté for a few minutes. Add ½ cup water, mix well.
2. Add the drained green gram, salt, coriander powder, and 1 cup water, stir occasionally, and cook till the mixture is completely dry.
3. Before removing from heat, add garam masala, mango powder, and sugar. Mix lightly and serve.

Serves: 6-8



Dum Ka Paneer

Slow oven cottage cheese

Ingredients:

Cottage cheese (<i>paneer</i>) cubed	500 gm / 1.1 lb
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Garlic (<i>lasan</i>) cloves, fried	½ tsp
Onions, fried	1 tbsp / 25 gm
Onion seed (<i>kalonji</i>) paste	1 tbsp / 15 gm
Cashew nut (<i>kaju</i>) paste	1 tbsp / 10 gm
Yoghurt (<i>dahi</i>)	1¼ cups / 250 gm / 9 oz
Saffron (<i>kesar</i>)	½ gm
Vetivier (<i>kewda</i>)	5 drops
Yellow chilli powder	1 tbsp
Coriander (<i>dhaniya</i>) powder	4 tsp / 4½ gm
Salt to taste	
Green chillies, slit	5

Method:

1. Mix the oil, garlic, onions, onion seed paste, cashew nut paste, yoghurt, saffron, vetivier, yellow chilli powder, coriander powder, and salt together.
2. Marinate the cottage cheese in this mixture for 30 minutes.
3. Transfer the cottage cheese with the excess marinade in an ovenproof dish. Seal the dish with dough and cook in a preheated oven (180°C / 350°F) for 20 minutes.
4. Remove from oven, garnish with green chillies and serve with naan or steamed rice.

Serves: 4

Paneer Do Pyaza

Cottage cheese with onions

Ingredients:

Cottage cheese (*paneer*), cut into

½" cubes	900 gm / 2 lb
Button onions	300 gm / 11 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Green cardamom (<i>choti elaichi</i>)	3
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	1½ tsp / 3 gm
Red chilli powder	1 tsp / 2 gm
Capsicum (<i>Shimla mirch</i>), cut into squares	120 gm / 4 oz
Tomatoes, cut into ½" cubes	150 gm / 5 oz
Garam masala	3 tsp / 6 gm
Salt to taste	
Green coriander (<i>hara dhaniya</i>), chopped	3 tsp / 6 gm
Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml

Method:

1. Heat the oil in a pan; add green cardamom and cumin seeds; sauté on medium heat until they begin to crackle. Add turmeric powder and red chilli powder; sauté for 30 seconds more.
2. Add the capsicum, button onions, and tomatoes; stir-fry for another 30 seconds on high heat. Now add the cottage cheese, garam masala, and salt. Mix for 30 seconds. Cook covered for 6 minutes.
3. Serve hot garnished with green coriander and sprinkled with lemon juice.

Serves: 4-6



Palak Paneer

Stir-fried spinach with cottage cheese

Ingredients:

Spinach (<i>palak</i>)	1 kg / 2.2 lb
Cottage cheese (<i>paneer</i>), cubed	400 gm / 14 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Garlic (<i>lasan</i>) cloves	10 gm
Dry red chillies (<i>sookhi lal mirch</i>)	2
Coriander (<i>dhaniya</i>) powder	½ tsp / 1¼ gm
Cumin (<i>jeera</i>) powder	½ tsp / 1¼ gm
Red chilli powder	½ tsp / 1 gm
Salt to taste	

Method:

1. Blanch the spinach and drain. When cool, chop coarsely.
2. Heat the oil in a wok (*kadhai*); add cumin seeds and garlic; sauté until the garlic changes colour. Add dry red chillies and stir for ½ a minute. Add spinach, coriander powder, cumin powder, and red chilli powder. Mix well.
3. Add the cottage cheese and stir-fry for 5 minutes. Season with salt. Serve hot.

Serves: 4-6

Malai Paneer

Creamy cottage cheese

Ingredients:

Cottage cheese (<i>paneer</i>), cut into cubes	600 gm / 22 oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onions, medium-sized, chopped	2
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Red chilli powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tbsp / 4½ gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Cream	½ cup / 100 ml / 3½ fl oz

Method:

1. Heat the oil in a wok (*kadhai*). Add onions and fry till golden brown.
2. Mix the ginger and garlic pastes, red chilli powder, coriander powder, turmeric powder, and salt together. Add to the wok and cook for 4-5 minutes.
3. Add cottage cheese cubes and stir till they are evenly coated with the spice mixture.
4. Add cream and stir well for 2 minutes or till the oil separates. Remove from heat and serve hot.

Serves: 2-4



Kadhai Paneer

Cottage cheese cooked in a wok

Ingredients:

Cottage cheese (<i>paneer</i>), cut into fingers	500 gm / 1.1 lb
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Ginger (<i>adrak</i>) paste	1 tbsp / 18 gm
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Onions, chopped	¼ cup / 30 gm / 1 oz
Tomatoes, chopped	½ cup / 250 gm / 9 oz
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Garam masala	2 tsp / 4 gm
Salt to taste	
Dry fenugreek leaves (<i>kasoori methi</i>)	1 tsp / 1½ gm
Tomato purée	1 cup / 200 ml / 7 fl oz
Capsicum (<i>Shimla mirch</i>), julienned	30 gm / 1 oz
Butter	1 tbsp / 20 gm
Cream	2 tbsp / 40 ml
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Green chillies, slit into half	2

Method:

1. Heat the oil in a pan; add ginger-garlic paste and sauté till golden brown. Add onions and sauté for about 2 minutes.
2. Add tomatoes and cook till the oil separates. Add coriander powder, garam masala, salt, and dry fenugreek leaves. Stir in the tomato purée; cook for a few minutes.
3. Add capsicum and cottage cheese; mix well. Stir in butter and cream and cook for about a minute.
4. Serve hot garnished with green coriander and green chillies.

Serves: 2-4

Khatu Meethu Stew

Sweet and sour vegetable stew

Ingredients:

Green peas (<i>hara matar</i>), shelled	250 gm / 8 oz
French beans, trimmed, cubed	150 gm / 5 oz
Carrots (<i>gajar</i>), peeled, cut into pieces	4
Cauliflower (<i>phool gobhi</i>)	300 gm / 11 oz
Baby potatoes, peeled	300 gm / 11 oz
or Potatoes, large, peeled, cut into cubes	3
Yam (<i>Jimikand</i>), peeled, cut into cubes	300 gm / 11 oz
Sweet potatoes (<i>shakarkand</i>), medium-sized, peeled, cut into pieces	2
Baby onions, peeled	300 gm / 11 oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onions, sliced	3
Tomatoes, finely chopped	3
Green chillies, finely chopped	3-4
Green coriander (<i>hara dhaniya</i>), finely chopped	3 tbsp / 12 gm
Mint (<i>pudina</i>) leaves, finely chopped	¾ cup / 12 gm
Garlic (<i>lasan</i>), finely chopped	1 pod
Vinegar (<i>sirka</i>)	3 tbsp / 45 ml / 1½ fl oz
Sugar	2 tbsp / 40 gm
Salt to taste	

Method:

1. Heat the oil in a pan; shallow fry the first 8 vegetables, separately.
2. Heat 2 tbsp oil in a pan; sauté the onions till light brown. Add the remaining vegetables; simmer for 3-4 minutes. Mix in the fried vegetables.
3. Add the remaining ingredients; simmer for 5 more minutes. This a sweet and sour preparation.

Serves: 8



Begun Bhaja

Fried aubergines

Ingredients:

Aubergines (<i>baingan</i>), large, cut into quarters	4
Salt	2 tsp / 8 gm
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Mustard (<i>sarson</i>) oil	½ cup / 100 ml / 3½ fl oz

Method:

1. Rub the aubergines with salt and turmeric powder. Keep aside for half an hour.
2. Heat the mustard oil in a shallow pan; fry the aubergines till golden brown in colour.
3. Drain the excess oil and serve immediately.

Serves: 2-4

Lagansala Stew

Wedding stew

Ingredients:

Yam (<i>jimikand</i>), cut into small cubes	50 gm / 1¾ oz
Sweet potatoes (<i>shakarkand</i>), cubed	2
French beans, cubed	50 gm / 1¾ oz
Capsicum (<i>Shimla mirch</i>), cubed	1
Carrots (<i>gajar</i>), cubed	4
Green peas (<i>hara matar</i>), boiled	200 gm / 7 oz
Celery, finely chopped, boiled	30 gm / 1 oz
Vegetable oil	1 cup / 200 ml / 7 fl oz
Onions, large, chopped	2
Green chillies, chopped	3
Cumin-coriander (<i>jeera-dhaniya</i>) powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Ginger-garlic (<i>adrak-lasan</i>) paste	1 tsp / 6 gm
Tomatoes, chopped	2
Salt to taste	
Vinegar (<i>sirka</i>)	1 tbsp / 15 ml
Worcestershire sauce	1 tbsp / 15 ml

Method:

1. Heat the oil in a wok (*kadhai*); fry all the cubed vegetables, separately. Keep aside.
2. In the same oil, sauté the onions until soft. Add green chillies, spices, and garlic-ginger paste; sauté for 2 minutes. Add fried and boiled vegetables, tomatoes, and salt. Cook covered with a heavy lid, containing a little water, until the mixture is reasonably dry. Stir occasionally.
3. Add vinegar and Worcestershire sauce, mix well.
4. Serve hot garnished with green coriander.

Serves: 6-8



Vegetable Jalfrezi

Mixed vegetables

Ingredients:

French beans, chopped	120 gm / 4 oz
Cabbage (<i>bandh gobhi</i>), chopped	120 gm / 4 oz
Capsicum (<i>Shimla mirch</i>), chopped	120 gm / 4 oz
Carrots (<i>gajar</i>), chopped	120 gm / 4 oz
Onions, chopped	½ cup / 60 gm / 2 oz
Potatoes, cut into fingers	120 gm / 4 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Dry red chillies (<i>sookhi lal mirch</i>)	2
Salt to taste	
Black pepper (<i>kali mirch</i>) powder	½ tsp / 1 gm
Ginger (<i>adrak</i>), chopped	2 tsp / 12 gm
Tomato purée	4 tbsp / 60 ml / 2 fl oz
White vinegar (<i>sirka</i>)	1 tbsp / 15 ml
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Heat the oil in a pan; add cumin seeds and dry red chillies. Sauté for a few seconds. Add all the vegetables, salt, black pepper powder, and ginger. Mix well. Cook covered on low heat till the vegetables are almost tender.
2. Add the tomato purée and white vinegar. Cook till the vegetables are completely done. Remove from heat.
3. Serve hot garnished with green coriander.

Serves: 4

Shahi Salan

Mixed vegetables for the Royals

Ingredients:

Bengal gram (<i>chana dal</i>)	1 cup / 160 gm / 5 oz
Okra (<i>bhindi</i>), chopped	200 gm / 7 oz
Potatoes, diced	100 gm / 3½ oz
Carrots (<i>gajar</i>), diced	100 gm / 3½ oz
French beans, diced	100 gm / 3½ oz
Green peas (<i>hara matar</i>), shelled	200 gm / 7 oz
Cottage cheese (<i>paneer</i>), diced,	100 gm / 3½ oz
Ghee	2 tbsp / 30 gm / 1 oz
Ginger (<i>adrak</i>), 1" piece, finely chopped	1
Garlic (<i>lasan</i>) pod, minced	1
Cumin (<i>jeera</i>) powder	1½ tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Sugar	2 tsp / 6 gm
Tomato purée	2 cups / 400 ml / 14 fl oz
Juice of lemon (<i>nimbu</i>)	1
Garam masala	1 tsp / 2 gm
Mango powder (<i>amchur</i>)	1 tsp / 2 gm

Method:

1. Soak the Bengal gram for 1 hour. Then drain and boil in 1½ cups water.
2. Heat the oil in a pan; fry okra, potatoes, carrots, French beans, peas, and cottage cheese separately. Remove and keep aside.
3. Heat the ghee in a pan; add ginger, garlic, all the fried vegetables, cottage cheese, boiled Bengal gram, cumin powder, coriander powder, and turmeric powder. Sauté for 2-3 minutes. Mix the salt and sugar with the tomato purée, and pour over the vegetables.
4. Add the remaining ingredients; cook on *dum* (see p. 520) for 30 minutes. Serve hot.

Serves: 10-12



Jogi Tarkari

Mixed vegetables

Ingredients:

Potatoes, peeled, cubed	500 gm / 1.1 lb
Mustard (<i>sarson</i>) oil	1 cup / 200 ml / 7 fl oz
Asafoetida (<i>hing</i>)	a pinch
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
<i>Timmur</i> (see p. 9), optional	4-5 grains
Garlic (<i>lasan</i>) cloves, pounded	2 tsp / 6 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Onions, peeled, quartered	125 gm / 4 oz
Green peas (<i>hara matar</i>), peeled	200 gm / 7 oz
Capsicum (<i>Shimla mirch</i>), cut into long strips	1
Grind together:	
Coriander (<i>dhaniya</i>) seeds	2 tsp / 4 gm
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Black pepper (<i>kali mirch</i>) powder	½ tsp / 1 gm
Red chilli powder	2 tsp / 4 gm
Ginger (<i>adrak</i>), ground	1 tsp / 6 gm
Tomatoes, medium-sized, quartered	4
Fresh bamboo shoots, cubed	30 gm / 1 oz
Spring onions (<i>hara pyaz</i>), cut into slices, with green stems	2
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Wash the potatoes, immerse them in water and keep aside.
2. Heat the oil in a pan; add asafoetida, fenugreek seeds, *timmur*, and garlic. Sauté till light brown.
3. Drain the potatoes and add to the pan. Add turmeric powder and salt. Stir occasionally.
4. Once the potatoes are half done, add the onions and cook for 5 minutes. Add peas and capsicum. Sprinkle more water if required and cook covered for 5 minutes.
5. Add the ground spices, mixed with yoghurt. Mix well and cook further for 3 more minutes.
6. Add the tomatoes, bamboo shoots, spring onions, and ½ cup water. Simmer till there is very little water left. Serve hot.

Serves: 4-6



Beguni

Fried aubergine fritters

Ingredients:

Aubergines (<i>baingan</i>), large, cut into half rounds	4
Gram flour (<i>besan</i>)	1 cup / 100 gm / 3½ oz
Water	5 tbsp / 75 ml / 2½ fl oz
Refined flour (<i>maida</i>)	¼ cup / 25 gm
Onion seeds (<i>kalonji</i>)	1 tsp / 1½ gm
Red chilli powder	½ tsp / 1 gm
Ghee / Vegetable oil for frying	
Baking soda	½ tsp

Method:

1. Mix together gram flour, water, refined flour, onion seeds, red chilli powder, and baking soda. Keep aside and allow it to rest for at least 2 hours.
2. Heat the ghee / oil in a wok (*kadhai*); lower heat.
3. Dip the aubergine pieces in the batter and then fry in the hot oil till they are cooked and golden brown in colour.
4. Drain the excess oil and serve immediately.

Serves: 4

Vegetable Korma

Mixed vegetables flavoured with coconut

Ingredients:

French beans, chopped	100 gm / 3½ oz
Carrots (<i>gajar</i>), diced	100 gm / 3½ oz
Kohlrabi (<i>ganth gobhi</i>), dried	100 gm / 3½ oz
Green peas (<i>hara matar</i>), shelled	100 gm / 3½ oz
Potatoes, diced	100 gm / 3½ oz
Tomatoes, chopped	100 gm / 3½ oz
Coconut (<i>nariyal</i>), grated	1½ cups / 150 gm / 5 oz
Green chillies, chopped	2
Onions, chopped	2 tbsp / 25 gm
Ginger (<i>adrak</i>), chopped	1 tsp / 6 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tsp / 4 gm
Fennel (<i>saunf</i>) seeds	2 tsp / 4 gm
Cinnamon (<i>dalchini</i>), 1" stick	1
Cloves (<i>laung</i>)	3
Green cardamom (<i>choti elaichi</i>)	6
Poppy seeds (<i>khus khus</i>)	2 tsp / 4 gm
Bay leaves (<i>tej patta</i>)	2
Salt to taste	
Ghee	2 tbsp / 30 gm / 1 oz

Method:

1. Blend the coconut, green chillies, onions, ginger, turmeric powder, and green coriander to a fine paste in a blender.
2. On a hot griddle, roast the fennel seeds, cinnamon stick, cloves, green cardamom, and poppy seeds. When cool, blend to make a fine powder.
3. Heat a pan, add all the vegetables and pour just enough water to cover the vegetables. Add the bay leaves and salt; cook till the vegetables are tender and the water has dried up. Stir in the coconut-onion paste and cook for 2-3 minutes.
4. Add the powdered spices and ghee. Stir well for 5 minutes.
5. Serve hot.

Serves: 4



Avial

Mixed vegetables with coconut and curry leaves

Ingredients:

Drumsticks, carrots, raw bananas, string beans (all diced)	500 gm / 1.1 lb
Cumin (<i>jeera</i>) seeds	a pinch
Garlic (<i>lasan</i>) cloves	3
Coconut (<i>nariyal</i>), grated	1 cup / 100 gm / 3½ oz
Yoghurt (<i>dahi</i>)	1½ tbsp / 45 gm / 1½ oz
Red chilli powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Green chillies, slit into half	8
Mango, raw, sliced	¼ cup or to taste
Onion, large, cut into 8 pieces	1
Salt to taste	
Curry leaves (<i>kadhi patta</i>)	2 sprigs
Vegetable oil	2 tbsp / 30 ml / 1 fl oz

Method:

1. Grind the cumin seeds, garlic, and coconut together to a smooth paste. Mix the paste with the yoghurt and keep aside.
2. Heat 1 cup water in a pan; add red chilli powder and turmeric powder. Bring to the boil; add the vegetables (putting those that need longer to cook first).
3. When the vegetables are almost done, add the green chillies, mango, and onion; mix well. Add salt to taste.
4. Mix in the yoghurt mixture. Lower heat and simmer for 2 minutes. Remove the pan from the heat and mix in the curry leaves and oil. Serve hot.

Serves: 4-6

Koottu Theeyal

Tamarind-flavoured mixed vegetables with coconut

Ingredients:

Lady's finger, aubergine, cucumber, potato (all diced)	3 cups
Button onions, slit, cut into small slices	½ cup / 60 gm / 2 oz
Coconut (<i>nariyal</i>) oil	¼ cup / 50 ml / 1¾ fl oz
Dry red chillies (<i>sookhi lal mirch</i>)	12
Coconut, grated	2½ cups / 250 gm / 9 oz
Fenugreek seeds (<i>methi dana</i>)	¾ tsp
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Onions, sliced	2
Tamarind (<i>imli</i>), lemon-sized, dissolved in 2 cups water, strained	1
Salt to taste	

Serves: 6

Method:

1. Heat 1 tsp oil in a wok (*kadhai*); sauté 8 dry red chillies, coconut, and fenugreek seeds. Remove and keep aside to cool.
2. Then grind the fried ingredients to a fine paste with a little water.
3. Heat 3 tbsp oil in a wok; add the vegetables and cook till tender. Shift the vegetables to one side, pour the remaining oil and add mustard seeds. When they crackle, add onions and the remaining dry red chillies. Mix all together.
4. Mix the tamarind, salt, and spice paste together.
5. Add this to the vegetable mixture and mix well.
6. When the mixture is heated through, remove from heat and serve hot.



Kaalen

Vegetables in yoghurt

Ingredients:

Raw banana, raw papaya, and tart mango, diced into 1" pieces	½ cup
Green chillies, slit	4
Red chilli powder	¼ tsp
Turmeric (<i>haldi</i>) powder	2 pinches
Salt to taste	
Curry leaves (<i>kadhi patta</i>)	a few
Yoghurt (<i>dahi</i>), beaten	1 cup / 200 gm / 7 oz
Salt and sugar to taste	
Asafoetida (<i>hing</i>) to taste	
For the tempering:	
Sesame (<i>til</i>) oil	2 tsp / 10 ml
Mustard seeds (<i>rai</i>)	⅛ tsp
Fenugreek seeds (<i>methi dana</i>)	2 pinches
Dry red chillies (<i>sookhi lal mirch</i>), halved	2

Method:

1. Cook the raw banana, papaya, mango, and green chillies with red chilli powder, turmeric powder, salt, and curry leaves in a little water. When tender, remove from heat.
2. Mix salt, sugar, and asafoetida with yoghurt and add to the above mixture. Return to heat and simmer over low heat.
3. **For the tempering**, heat the sesame oil in a pan; add the mustard seeds, fenugreek seeds, and dry red chillies; sauté till the seeds begin to crackle. Remove and add to the mixture.
4. Stir the mixture for a few minutes and then remove from heat.

Serves: 4

Kaye Korma

Mixed vegetables with curry leaves

Ingredients:

Potatoes, peeled, diced	1 cup
Green pumpkin (<i>hara kaddu</i>), diced	1 cup
Green peas (<i>hara matar</i>), shelled	1 cup
Carrot (<i>gajar</i>), diced	½ cup

Dry roast and powdered:

Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Fennel (<i>moti saunf</i>) seeds	1 tbsp / 6 gm
Cloves (<i>laung</i>)	4
Cinnamon (<i>dalchini</i>), small stick	1
Green cardamom (<i>choti elaichi</i>)	6
Poppy seeds (<i>khus khus</i>)	1 tbsp / 6 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm

Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onion paste	2 tbsp / 50 gm / 1¾ oz
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Tomatoes, chopped	1 cup
Coconut (<i>nariyal</i>), fresh, grated	1 cup / 100 gm / 3½ oz
Salt to taste	
Red chilli powder to taste	
Curry leaves (<i>kadhi patta</i>)	½ cup / 15 gm

Method:

1. Dry roast the spices in a pan or griddle (*tawa*) and then powder them together.
2. Heat the oil in a wok (*kadhai*); add the onion paste. Sauté till the oil separates. Add ginger paste and tomatoes. Cook for 3-4 minutes; add ½ cup coconut, potatoes, green pumpkin, green peas, and carrots. Stir-fry for 5 minutes on high heat, then lower heat, add salt, red chilli powder, and a little water. Cook covered for 10-12 minutes or till the vegetables are tender.
3. Serve hot garnished with curry leaves and the remaining coconut.

Serves: 4-6



Punjabi Chana

Spicy chickpeas

Ingredients:

Chickpeas (<i>kabuli chana</i>), soaked in water for 2 hours, drained	1½ cups / 225 gm / 8 oz
Baking powder	½ tsp / 3 gm
Salt to taste	
Ghee	½ cup / 100 gm / 3½ oz
Garlic (<i>lasan</i>) paste	6 tsp / 36 gm / 1¼ oz
Dry red chillies (<i>sookhi lal mirch</i>), ground with a little water	10
Coriander (<i>dhaniya</i>) seeds, ground with a little water	6 tsp / 12 gm
Tomatoes, chopped	800 gm / 28 oz
Green chillies, slit	10
Ginger (<i>adrak</i>), finely chopped	1 tbsp / 18 gm
Lemon (<i>nimbu</i>) juice	3 tbsp / 45 ml / 1½ fl oz
Garam masala	2 tsp / 4 gm

Method:

1. Boil the chickpeas in sufficient water with baking powder and salt until tender. Drain and keep aside.
2. Heat the ghee in a pan; add garlic paste and fry until golden. Add dry red chilli paste and coriander paste. Stir-fry until the water evaporates.
3. Add tomatoes, green chillies, and ¾ tbsp ginger. Bring the mixture to the boil; reduce heat and cook until the ghee comes to the surface.
4. Add the boiled chickpeas. Cook for 5 minutes. Add lemon juice and garam masala. Stir well.
5. Serve hot, garnished with the remaining ginger.

Serves: 4-6

Sookha Kabuli Chana

Spicy chickpeas cooked dry

Ingredients:

Chickpeas (<i>kabuli chana</i>)	1½ cups / 250 gm / 9 oz
Soda bicarbonate	1 tsp / 6 gm
Tea bag	1
Coriander (<i>dhaniya</i>) seeds	2 tbsp / 12 gm
Cumin (<i>jeera</i>) seeds	1 tbsp / 6 gm
Red chilli powder	1 tsp / 2 gm
Pomegranate seeds (<i>anar dana</i>), ground	2 tsp / 4 gm
Mango powder (<i>amchur</i>)	2 tbsp / 8 gm
Garam masala	2 tsp / 4 gm
Salt to taste	
Potatoes, cut into fingers, fried	2
Ginger (<i>adrak</i>), 2" piece, julienned, fried	1
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Green chillies	2
Dry red chillies (<i>sookhi lal mirch</i>), chopped	1
Onion, cut into rings	1

Method:

1. Soak the chickpeas overnight with soda bicarbonate. Next morning, boil the chick peas with the tea bag in plenty of water, on low heat, till tender and the water nearly dries up. Discard the tea bag.
2. Add all the dry spices, salt, fried potato fingers, and ginger; toss well.
3. Heat the oil in a pan; add the chickpea mixture, and toss on low heat for about 10 minutes.
4. Serve hot garnished with green chillies, dry red chillies, and onion rings.

Serves: 4



Vegna Khatta Meetha

Sweet and sour aubergines

Ingredients:

Aubergines (<i>baingan</i>), cut into ½" cubes	750 gm / 26 oz
Vegetable oil	¾ cup / 150 ml / 5 fl oz
Curry leaves (<i>kadhi patta</i>)	10
Green chilli, finely chopped	1
Grind to a paste with 2-3 tbsp vinegar:	
Garlic (<i>lasan</i>) cloves	10
Cumin (<i>jeera</i>) seeds	1½ tsp / 3 gm
Coriander (<i>dhaniya</i>) seeds	3 tsp / 6 gm
Dry red chillies (<i>sookhi lal mirch</i>)	6
Jaggery (<i>gur</i>) or sugar	1½ tbsp / 30 gm / 1 oz
Salt to taste	
Vinegar (<i>sirka</i>)	2 tbsp / 30 ml / 1 fl oz

Method:

1. In a wide-bottomed pan, heat the oil till hot. Add the aubergines and fry for a few minutes till light brown. Remove with a slotted spoon and drain the excess oil on absorbent paper towels. Keep aside.
2. In the same oil (add a little more oil if needed), add curry leaves, green chilli, and red chilli paste; sauté for 2 minutes. Add the aubergines and mix well.
3. Add jaggery or sugar, salt, and vinegar; cook covered, on medium heat, till the aubergines turn soft. Serve hot.

Serves: 4-6

Chana Pindi

Spicy chickpeas

Ingredients:

Chickpeas (*kabuli chana*), soaked for

3 hours	250 gm / 9 oz
Water	8 cups / 2 lt / 64 fl oz
Bay leaf (<i>tej patta</i>)	1
Cinnamon (<i>dalchini</i>), 1" sticks	3
Cardamom (<i>elaichi</i>), green or black	3
Tea bag	1
Soda bicarbonate	1 tsp / 6 gm
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tsp / 12 gm
Red chilli powder	1 tsp / 2 gm
Garam masala	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
<i>Chana</i> masala	1 tsp / 2 gm
Salt to taste	

Lemon (*nimbu*) juice 1 tbsp / 15 ml

For the garnish:

Green chillies, whole	10
Lemons (<i>nimbu</i>), cut into wedges	3
Onion, cut into rings	1
Tomatoes, medium-sized, quartered	50 gm / 1¾ oz

Method:

1. Boil the water in a heavy pot. Add bay leaf, cinnamon sticks, green or black cardamom, tea bag, and chickpeas and bring to the boil. Add soda bicarbonate. Cover and cook on low heat until tender. Drain immediately. Remove the bay leaf, tea bag, cinnamon stick, and cardamom.
2. Heat the oil in a pan on low heat. Add ginger and garlic pastes and sauté for 30-40 seconds. Add the red chilli powder, garam masala, coriander powder, *chana* masala, salt, and lemon juice. Add drained and boiled chickpeas and mix carefully.
3. Serve hot garnished with green chillies, lemon wedges, onion rings, and tomatoes.

Serves: 4



Neem Begun

Aubergine with tender neem leaves

Ingredients:

Tender neem leaves	60 gm / 2 oz
Aubergines (<i>baingan</i>), diced	150 gm / 5 oz
Salt	2 tsp / 8 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Mustard (<i>sarson</i>) oil	¼ cup / 50 ml / 1¾ fl oz

Serves: 2-4

Method:

1. Marinate the aubergines with salt and turmeric powder for 15 minutes.
2. Heat the oil in a wok (*kadhai*); deep-fry the marinated pieces till crisp. Keep aside.
3. In the same oil, deep-fry the neem leaves. Keep aside.
4. Mix the two together and serve with steamed rice and ghee.

Surati Baingan Aloo Nu Shak

A potato and aubergine preparation

Ingredients:

Aubergines (<i>baingan</i>), chopped	250 gm / 9 oz
Potatoes, chopped	250 gm / 9 oz
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Asafoetida (<i>hing</i>)	½ tsp / 2½ gm
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Tomatoes, medium-sized, finely chopped	1
Ginger-garlic (<i>adrak-lasan</i>) paste	1 tsp / 6 gm
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	3 tsp / 4½ gm
Salt to taste	
Sugar	3 tsp / 9 gm
Water, hot	½ cup / 125 ml / 4 fl oz
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Heat the oil in a pan; add asafoetida and mustard seeds. When the seeds start spluttering, add the tomatoes. Cook for 2 minutes, then mix in the ginger-garlic paste, red chilli powder, turmeric powder, coriander powder, salt, and sugar.
2. Add the aubergines and potatoes, mix well. Add hot water and cook covered on low heat for about 20 minutes or till the vegetables are done and the mixture is dry. You can also cook in a pressure cooker for 10 minutes.
3. Garnish with green coriander and serve with any salad and chutney of your choice.

Serves: 4



Baghar-e-Baingan

Aubergines tempered with fenugreek and garlic

Ingredients:

Aubergines (<i>baingan</i>), medium-sized	500 gm / 1.1 lb
Tamarind (<i>imli</i>)	8 tbsp / 48 gm / 1¾ oz
Onions, chopped	1 cup / 120 gm / 4 oz
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Sesame (<i>til</i>) seeds	3 tsp / 9 gm
Coconut (<i>nariyal</i>), desiccated	3 tsp / 6 gm
Red chilli powder	3 tsp / 6 gm
Coriander (<i>dhaniya</i>) powder	3 tsp / 4½ gm
Vegetable oil	1 cup / 200 ml / 7 fl oz
Curry leaves (<i>kadhi patta</i>)	3
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Fenugreek seeds (<i>methi dana</i>)	¼ tsp
Garlic (<i>lasan</i>) cloves, chopped	2 tbsp / 24 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm

Method:

1. Soak the tamarind in warm water and squeeze out the pulp. Quarter the aubergines without disjoining them from the stem.
2. Grind the onions and ginger-garlic paste together.
3. Roast the sesame seeds, coconut, red chilli powder, and coriander powder. Remove from heat. Add 1 tbsp water and grind to a fine paste.
4. Heat the oil in a pan; add curry leaves, cumin powder, fenugreek seeds, and garlic cloves; sauté.
5. Add the ground spices, aubergines, tamarind pulp, turmeric powder, salt, and ½ cup water; cook on low heat till the aubergines become tender.
6. Serve hot with steamed rice.

Serves: 4-5

Dum Ke Baingan

Aubergines cooked on a slow fire

Ingredients:

Aubergines (<i>baingan</i>), small, oval / round	20 / 800 gm / 28 oz
Vegetable oil	¾ cup / 150 ml / 5 fl oz
Dry red chillies (<i>sookhi lal mirch</i>)	12
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Black pepper (<i>kali mirch</i>) powder	3 tsp / 6 gm
Green cardamom (<i>choti elaichi</i>)	10
Cinnamon (<i>dalchini</i>), 1" sticks	5
Bay leaf (<i>tej patta</i>)	1
Cloves (<i>laung</i>)	10
Malt vinegar (<i>sirka</i>)	4 tbsp / 60 ml / 2 fl oz
Onion paste	½ cup / 150 gm / 5 oz
Ginger (<i>adrak</i>) paste	2 tbsp / 36 gm / 1¼ oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz
Salt to taste	
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Serves: 4-5

Method:

1. Trim the stems of the aubergines. Slit open each aubergine crosswise, without disjoining it from the stem.
2. Heat 1 tbsp oil in a pan on medium heat. Add dry red chillies, cumin seeds, black pepper, green cardamom, cinnamon sticks, bay leaf, cloves, and cumin seeds; sauté on medium heat for 5-6 minutes. Cool and grind to a fine powder.
3. Mix in vinegar to make a fine paste.
4. Heat a little oil in a pan. Fry the aubergines, a few at a time, for 5-6 minutes or until they are half cooked. Remove from heat and keep aside.
5. In the same pan, heat the remaining oil; sauté the onion paste on medium heat until lightly coloured.
6. Add the ginger and garlic pastes, turmeric powder, and the ground spice-paste. Stir and cook on medium heat for 4-5 minutes.
7. Add salt and ⅔ cup hot water. Cook until the water evaporates and oil separates from the sauce.
8. Arrange the fried aubergines in the sauce. Stir very carefully, cover and cook on low heat (*dum*) or in a slow oven for 3-4 minutes.
9. Serve hot garnished with green coriander.



Gutti Vonkaya Kura

Stuffed aubergines

Ingredients:

Aubergines (<i>baingan</i>), small, round, whole	8
Coriander (<i>dhaniya</i>) seeds	1½ tsp / 3 gm
Salt to taste	
Dry red chillies (<i>sookhi lal mirch</i>)	3
Coconut (<i>nariyal</i>), grated	1 tbsp / 4 gm
Onion, chopped	1
Vegetable oil	2 tsp / 10 ml
Turmeric (<i>haldi</i>) powder	a pinch
Tamarind (<i>imli</i>), extract (see p. 10)	4 tsp / 12 gm

Serves: 2-4

Method:

1. Slit the aubergines into 4 sections. Keeping the top portion intact. Fry the aubergines and keep aside.
2. Coarsely grind the coriander seeds, salt, dry red chillies, coconut, and onion.
3. Heat the oil in a pan; add turmeric powder and the coarsely ground ingredients. Fry for a few minutes. Add the tamarind extract and cook till the water dries up. Keep the filling aside to cool.
4. Stuff the aubergines with this filling carefully.
5. In a pan, gently place the stuffed aubergines and cook covered for 10-12 minutes on low heat. Serve hot.

Baingan Bharta

Mashed aubergines

Ingredients:

Aubergines (<i>baingan</i>), approx	1 (500 gm / 1.1 lb)
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Cumin (<i>jeera</i>) seeds	¼ tsp
Spring onions or ordinary onions, minced	3
Garlic (<i>lasan</i>), crushed	1 tsp / 3 gm
Green chillies, sliced	2
Salt to taste	
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Garam masala	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tsp / 2 gm

Serves: 4

Method:

1. Cut the aubergines lengthwise into half. Cover with a foil and bake in a moderately hot oven (180°C / 350°F) for 40 minutes or until tender. When cool, remove the skin and mash the flesh of the aubergine.
2. Heat the oil in a wok (*kadhai*); add cumin seeds and sauté until dark brown. Add the minced onions and sauté until golden brown.
3. Add garlic, green chillies, and aubergines; cook on low heat for 15-20 minutes.
4. Add salt and yoghurt, cook on medium heat for another 5-8 minutes, stirring occasionally. Mix in the garam masala and green coriander.
5. Serve hot.



Beringelas Picantes

Spicy aubergines

Ingredients:

Aubergines (<i>baingan</i>), large, seedless	1 / 400 gm / 28 oz
Grind to a smooth paste with 5 tbsp vinegar:	
Kashmiri chillies (<i>sookhi lal mirch</i>)	6
Mustard seeds (<i>rai</i>)	½ tsp / 1 gm
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	¼ tsp
Garlic (<i>lasan</i>), minced	1 tsp / 6 cloves
Ginger (<i>adrak</i>), minced	2 tsp / 2" piece
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Garlic, chopped	1 tsp / 6 cloves
Green chillies, chopped	1-2
Granulated sugar	2 tsp / 6 gm
Salt	1½ tsp / 6 gm
Vinegar (<i>sirka</i>)	4 tbsp / 60 ml / 2 fl oz

Method:

1. Wash the aubergines and wipe dry. Chop into 1½" cubes. Do not soak in water or wash after cutting.
2. Heat the oil in a pan; sauté the garlic and green chillies for 30 seconds. Add the ground spice paste and sauté for 2 minutes.
3. Add the aubergines and mix well. Add the sugar, salt, and vinegar. Stir well. Cover the pan with a deep metal lid. Pour a little water on the lid and cook on low heat till soft. Taste and adjust seasoning. Remove from heat.
4. Serve hot as an accompaniment to rice and curry.

Note: *Tastes better the next day.*

Serves: 4

Khatta Meetha Kaddu

Sweet and sour pumpkin

Ingredients:

Pumpkin (<i>kaddu</i>), peeled, cut into cubes	1 kg / 1.2 lb
Ghee	1 tbsp / 15 gm
Bay leaf (<i>tej patta</i>)	1
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) seeds	1 tsp / 2 gm
Fenugreek seeds (<i>methi dana</i>)	1 tsp / 3 gm
Fennel (<i>moti saunf</i>), powdered	1 tsp / 2 gm
Onion seeds (<i>kalonji</i>)	½ tsp / ¾ gm
Asafoetida (<i>hing</i>)	a pinch
Ginger (<i>adrak</i>) paste	1" piece
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Dry red chillies (<i>sookhi lal mirch</i>)	2
Salt to taste	
Coriander powder	2 tsp / 3 gm
Jaggery (<i>gur</i>)	a small lump
Tamarind (<i>imli</i>) pulp	2 tbsp / 12 gm
Garam masala	1 tsp / 2 gm
Green chillies	2-3
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Heat the ghee in a pan; add the next seven ingredients and sauté for 1 minute. Add the ginger paste and pumpkin; stir-fry for another 2 minutes.
2. Mix in turmeric powder, dry red chillies, and salt. Add coriander powder and cook covered, on low heat, for 15 minutes or till half done.
3. Add jaggery, tamarind juice, garam masala, and green chillies. Cover and cook, on low heat, till done. Garnish with green coriander and serve.

Serves: 8



Kaddu Matar Ki Subzi

Pumpkin cooked with green peas

Ingredients:

Red pumpkin (<i>lal kaddu</i>), cut into 1" squares	800 gm / 28 oz
Green peas (<i>hara matar</i>)	150 gm / 5 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Fenugreek seeds (<i>methi dana</i>)	5 tsp / 15 gm
Garlic (<i>lasan</i>), chopped	2 tsp / 12 gm
Onion paste	2 tbsp / 50 gm / 1¾ oz
Cumin (<i>jeera</i>) powder	4 tsp / 6 gm
Coriander (<i>dhaniya</i>) powder	4 tsp / 6 gm
Red chilli powder	3 tsp / 6 gm
Garam masala	2 tsp / 4 gm
Salt to taste	
Yoghurt (<i>dahi</i>)	1¼ cups / 250 gm / 9 oz

Method:

1. Heat the oil in a wok (*kadhai*); sauté the fenugreek seeds till they start spluttering.
2. Add garlic and onion paste; sauté till golden brown.
3. Mix in the cumin powder, coriander powder, red chilli powder, garam masala, salt, and yoghurt. Stir well and sauté for 10-15 minutes.
4. Add the pumpkin and peas; mix well.
5. Cover and cook in a preheated oven (180°C / 350°F) or on top of a hot plate on low heat for 25-30 minutes. Remove from heat.
6. Serve hot.

Serves: 4

Sambhariya Kaddu

Sweet and sour red pumpkin

Ingredients:

Red pumpkin (<i>lal kaddu</i>), cut into ½" cubes	500 gm / 1.1 lb
Ghee	1 tbsp / 15 gm
Bay leaf (<i>tej patta</i>)	1
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) seeds	½ tsp / 1 gm
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
Fennel (<i>moti saunf</i>), powdered	½ tsp / 1 gm
Asafoetida (<i>hing</i>)	a small pinch
Ginger (<i>adrak</i>) paste	½ tsp / 3 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Dry red chillies (<i>sookhi lal mirch</i>)	2
Salt to taste	
Garam masala	½ tsp / 1 gm
Sugar to taste or jaggery (<i>gur</i>)	a small lump
Tamarind (<i>imli</i>)	2 tbsp / 12 gm

Method:

1. Heat the ghee in a wok (*kadhai*); add bay leaf, cumin seeds, coriander seeds, fenugreek seeds, fennel powder, and asafoetida; sauté for a minute.
2. Add ginger paste and red pumpkin; stir-fry for 2 minutes.
3. Add turmeric powder, dry red chillies, and salt; stir-fry for a few minutes.
4. Add the garam masala, and cook covered till the pumpkin is half done. Add the sugar or jaggery and tamarind. Mix well, cook covered on low heat for 15 minutes or till done. Serve with *puri* (see p. 399).

Serves: 4-6



Kaddu Ki Subzi

Fenugreek-flavoured pumpkin

Ingredients:

Pumpkin (<i>kaddu</i>), diced into 1" cubes	1 kg / 2.2 lb
Mustard (<i>sarson</i>) oil	½ cup / 100 ml / 3½ fl oz
Fenugreek seeds (<i>methi dana</i>)	1 tsp / 3 gm
Coriander (<i>dhaniya</i>) seeds	1 tsp / 2 gm
Dry red chillies (<i>sookhi lal mirch</i>), roasted	4
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Red chilli powder	1 tsp / 2 gm
Mango powder (<i>amchur</i>)	1 tbsp / 6 gm
Sugar	1 tsp / 3 gm

Method:

1. Heat the mustard oil in a wok (*kadhai*); add fenugreek seeds, coriander seeds, and dry red chillies; sauté till light brown.
2. Add the pumpkin and mix well. Stir in the turmeric powder, salt, red chilli powder, mango powder, and sugar. Cook on low heat till the pumpkin is done.
3. Serve hot.

Serves: 4-6

Kainda Pharshi

Spiced green pumpkin

Ingredients:

Green pumpkin (<i>hara kaddu</i>)	1 kg / 2.2 lb
Mustard (<i>sarson</i>) oil	3 tbsp / 45 ml / 1½ fl oz
Asafoetida (<i>hing</i>)	a pinch
Fenugreek seeds (<i>methi dana</i>)	1 tsp / 3 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Green chillies, chopped	4-5
Garlic (<i>lasan</i>), peeled, crushed	2 tsp / 12 gm
Cumin (<i>jeera</i>) powder	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	½ tsp / 1 gm

Serves: 2-4

Method:

1. Dice / grate the outer portion of the pumpkin without peeling it. Discard the inner portion.
2. Heat the oil in a pan; add asafoetida and fenugreek seeds. Sauté for a few seconds.
3. Add the pumpkin, cover and cook for 10 minutes.
4. Add turmeric powder and salt. Toss a little and then add green chillies and garlic. Cook further for 3-4 minutes, tossing occasionally.
5. Add cumin seed-coriander powder and cook covered for 3-4 minutes on low heat.
6. Remove from heat and serve hot.



Amilo Pharshi

Pumpkin cooked in mustard oil

Ingredients:

Red pumpkin (<i>lal kaddu</i>), peeled, sliced	500 gm / 1.1 lb
Mustard (<i>sarson</i>) oil	3 tbsp / 45 ml / 1½ fl oz
Fenugreek seeds (<i>methi dana</i>)	1 tsp / 3 gm
Salt to taste	
Turmeric (<i>haldi</i>) powder	½ tsp / 1½ gm
Garlic (<i>lasan</i>) cloves, crushed	6-7
Ginger (<i>adrak</i>), scraped, ground	1 tsp / 6 gm
Green chillies, quartered, deseeded	4
<i>Lapsi</i> (see p. 9)	6
Cumin (<i>jeera</i>) seeds, dry roasted	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) seeds, dry roasted, powdered	2 tsp / 4 gm

Method:

1. Heat the oil in a pan; crackle the fenugreek seeds. Then add pumpkin, salt, and turmeric powder; cook till the mixture becomes dry.
2. Add garlic, ginger, and green chillies with 2 tbsp water and mix well.
3. Stir in the *lapsi* and cook for 10 minutes more till the pumpkin gets mashed and the *lapsi* cooked.
4. Now add the dry spices; sprinkle 2 tbsp water and cook till the mixture looks pulpy.

Serves: 2-4

Beans Nu Shak

Beans cooked in Surati style

Ingredients:

French beans, finely chopped	250 gm / 9 oz
Vegetable oil	2 tsp / 10 ml
Water	1 cup / 250 ml / 8 fl oz
Asafoetida (<i>hing</i>)	a pinch
Carom (<i>ajwain</i>) seeds	¼ tsp
Sugar	½ tsp / 1½ gm
or	
Jaggery (<i>gur</i>)	1½ tsp / 15 gm
Green chillies, slit lengthwise	2
Green coriander (<i>hara dhaniya</i>), chopped	½ tbsp / 2 gm

Serves: 2

Method:

1. Add 1 tsp oil in the water. Keep aside.
2. Heat the remaining oil in a pan; add asafoetida and sauté for a few seconds. Add the French beans, the water-oil mixture and the carom seeds. Cook uncovered, on medium heat, for about 5 minutes or till the beans are tender.
3. Add sugar or jaggery, green chillies, and green coriander. Mix and serve hot.

Note: Always ensure that the beans are fresh and tender otherwise you will not enjoy this dish. Vegetables taste best when served immediately.



Tamata Ne Papeta Nu Stew

Tomato and potato stew

Ingredients:

Tomatoes	500 gm / 1.1 lb
Potatoes, peeled, quartered	250 gm / 9 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onion, large, finely sliced	1
Grind to a paste:	
Garlic (<i>lasan</i>) cloves	6
Green chillies	3
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm
Water	4 tbsp / 60 ml / 2 fl oz
Salt to taste	
Jaggery (<i>gur</i>) or sugar	2 tbsp / 40 gm / 1½ oz

Method:

1. Boil the tomatoes for a minute, drain and keep aside to cool. Then peel and chop.
2. Alternatively, blend the tomatoes for a few seconds without boiling or peeling them.
3. Heat the oil in a pan; add the onion and sauté till golden brown. Remove and drain the excess oil.
4. In the same pan, add green chilli paste and sauté for a minute or so. Add the potatoes and water; cook covered, on low heat, for 5 minutes.
5. Add the chopped tomatoes or tomato purée and salt; continue to cook for 10 more minutes.
6. Add jaggery or sugar and cook covered till the potatoes turn soft. Serve garnished with fried onions.

Serves: 4

Sangri Ka Saag

A Marwari delicacy

Ingredients:

Sangri (see p. 9)	150 gm / 5 oz
Ker (see p. 9)	30 gm / 1 oz
Dry red chillies (<i>sookhi lal mirch</i>)	10-12
Mangoes, raw, dried, cut into strips	8-10 pieces
Mustard seeds (<i>rai</i>)	5 tbsp / 45 gm / 1½ oz
Lotus stems (<i>kamal kakri</i>), washed thoroughly, cut into thin rounds	2 pieces
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Salt	5-6 tsp / 20-30 gm
Red chilli powder	4 tsp / 8 gm
Mango powder (<i>amchur</i>)	2 tsp / 4 gm
Vegetable / Mustard oil	¾ cup / 150 ml / 5 fl oz
Cumin (<i>jeera</i>) seeds	2 tsp / 3 gm

Serves: 8-10

Method:

1. Soak the *sangri* overnight in a big bowl containing lots of water, 1 tsp oil, 1 tsp salt and 1 tsp turmeric powder. Drain.
2. Clean and soak these ingredients separately overnight: *ker*, dry red chillies, mango strips, and mustard seeds. Drain.
3. Cover the *sangri* and *ker* with enough water and boil till soft. Drain.
4. Grind the mustard seeds to a smooth paste.
5. Mix the boiled *sangri-ker* mixture with the lotus stems, dry red chillies, mango strips, mustard paste, turmeric powder, and salt in a big bowl.
6. Dilute the red chilli powder and mango powder in 1 cup water.
7. Heat the oil in a wok (*kadhai*) till it starts smoking. Cool slightly and then add the cumin seeds. Gradually add the diluted spices.
8. Remove from heat, add the *sangri* mixture and mix well. Leave to mature for a day.

Note: This is ready to eat only after the mustard paste matures a little. It can be preserved for 10-15 days.



Tori Nu Shak

Snake gourd cooked in Surati style

Ingredients:

Snake gourd (<i>tori</i>), cut into 1" cubes	500 gm / 1.1 lb
Ghee	½ tbsp / 7½ gm
Cumin (<i>jeera</i>) seeds, ground	½ tsp / 1 gm
Coconut (<i>nariyal</i>) milk (optional)	½ cup / 100 ml / 3½ fl oz
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm
Green chillies, ground to a paste	2
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Heat the ghee in a pan; add cumin seeds. When they start spluttering, add the snake gourd and sauté for 5 minutes.
2. Add coconut milk, ginger, garlic, and green chilli pastes. Cover and simmer till done.
3. Serve hot garnished with green coriander.

Serves: 4

Valore Moothia Nu Shak

Broad beans and gram flour dumplings

Ingredients:

Broad beans, finely chopped	300 gm / 11 oz
For the dough:	
Gram flour (<i>besan</i>)	1 cup / 100 gm / 3½ oz
Red chilli powder to taste	
Fenugreek (<i>methi</i>) leaves, finely chopped	½ cup / 15 gm
Turmeric (<i>haldi</i>) powder	¼ tsp / ½ gm
Asafoetida (<i>hing</i>)	a pinch
Soda bicarbonate	a pinch
Cumin (<i>jeera</i>) seeds, powdered	½ tsp / ¼ gm
Coriander (<i>dhaniya</i>) powder	½ tsp / ¼ gm
Salt to taste	
Vegetable oil	3½ tbsp / 52 ml / 1¾ fl oz
Salt to taste	
Carom (<i>ajwain</i>) seeds	1 tsp / 1½ gm
Cumin seeds	1 tsp / 2 gm
Soda bicarbonate	a pinch
Turmeric powder	¼ tsp / ½ gm
Red chilli powder	½ tsp / 1 gm
Cumin powder	1 tsp / 1½ gm
Coriander powder	½ tsp / ¼ gm

Serves: 2-4

Method:

1. For the dough, put the gram flour in a large, flat vessel in a heap. Make a well in the centre of the heap, add all the ingredients for the dough and mix well.
2. Knead with just enough water to make a soft dough. Keep aside.
3. Heat the oil in a pan; add broad beans, salt, carom seeds, cumin seeds, and soda bicarbonate; sauté for a while. Add ½ cup water and cook covered for 7 minutes. Add turmeric powder, red chilli powder, cumin powder, and coriander powder. Mix well. Cook till the mixture is absolutely dry. Adjust seasoning to taste.
4. Mix this broad bean mixture with the gram flour dough and knead again.
5. With wet hands, take a small portion of the dough and shape into a small, round dumpling. Repeat till all the dough is used up. Arrange the dumplings in a big pan, ensuring that they do not overlap. Cook covered with a lid containing a little water, to help form steam for about 7 minutes.
6. Carefully remove the lid and move the dumplings around once.
7. Once the oil separates and the water evaporates, the dumplings are ready to be served.



Vatana Bateta No Rotlo

Baked potatoes and peas

Ingredients:

Potatoes, boiled	300 gm / 11 oz
Green peas (<i>hara matar</i>), boiled	1 cup
Rice flour	1 cup / 115 gm / 3¾ oz
Juice of lemon (<i>nimbu</i>)	1
Green chilli-ginger (<i>adrak</i>) paste	2 tbsp / 30 gm / 1 oz
Sugar	½ tsp / 1½ gm
Salt to taste	
Vegetable oil to grease the baking tray	

Serves: 2-4

Method:

1. Lightly mash the boiled peas with your hands and keep aside.
2. Mash the potatoes in a bowl, add the peas, rice flour, lemon juice, green chilli-ginger paste, sugar, and salt; mix well.
3. Grease an 8" x 8" baking tray with a little oil.
4. Press the mixture into the baking tray and bake in a preheated oven at 200°C / 400°F for 20-25 minutes or till golden and crisp.
5. Cut into squares and serve with yoghurt and chutney of your choice.

Chakka Kuru Oolarthiathu

Spicy jackfruit seeds

Ingredients:

Jackfruit (<i>kathal</i>) seeds, skinned, cut each into 4-6 long slices	250 gm / 9 oz
Mix together:	
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Red chilli powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Curry leaves (<i>kadhi patta</i>)	a handful
Ginger (<i>adrak</i>), finely chopped	1 tsp / 6 gm
Salt to taste	
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Onions, cut into long slices	½ cup / 60 gm / 2 oz
Black peppercorns (<i>sabut kali mirch</i>), crushed	½ tsp

Method:

1. Mix the spice powder with a little water to make a smooth paste. Rub the paste into the jackfruit seeds.
2. Cook the jackfruit seeds with the curry leaves and ginger. When the seeds become tender, add salt; mix well.
3. Heat the oil in a pan; add the mustard seeds. When the seeds start spluttering, add the onions and sauté.
4. Add the jackfruit mixture and black pepper powder. Sauté till the mixture is absolutely dry. Do not allow it to become too crisp.

Serves: 4



Muji Meluvun

Stir-fried mashed radish

Ingredients:

White radish (<i>safed mooli</i>), with leaves	1½ kg / 3.3 lb
Water	2 cups / 500 ml / 16 fl oz
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Cloves (<i>laung</i>)	2
Dry red chillies (<i>sookhi lal mirch</i>), deseeded	3-4
Ginger powder (<i>sonth</i>)	½ tsp / 1 gm
Salt to taste	
Asafoetida (<i>hing</i>)	a pinch
Tikki masala (see p. 10), crushed	½ tsp

Serves: 4-6

Method:

1. Scrape and wash the radish. Remove the ends and dice. Separate the leaves and chop finely.
2. Heat the water in a heavy-bottomed pan. Put in the radish and the leaves. Cook for 10 minutes or until soft. Remove from heat and drain the water.
3. Blend the boiled radish and leaves. Keep aside.
4. Heat the oil in a deep pan; add cloves and dry red chillies. Stir for a few seconds and then add the radish. Mix well and lower heat.
5. Add the ginger powder, salt, asafoetida, and *tikki* masala. Cook covered for 5 minutes more. Serve hot with steamed rice.

Kappa Puratiyathu

Mashed tapioca tempered with coconut

Ingredients:

Tapioca (<i>Simla alu</i>), skinned, diced	1 kg / 2.2 lb
Red chilli powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	¼ tsp
Coconut (<i>nariyal</i>), grated	1 cup / 100 gm / 3½ oz
Button onions	2
Cumin (<i>jeera</i>) seeds	a pinch
For the tempering:	
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Onions, chopped	3 tbsp / 36 gm / 1¼ oz
Curry leaves (<i>kadhi patta</i>)	a few sprigs
Dry red chillies (<i>sookhi lal mirch</i>), halved	2
Coconut, grated	3 tbsp / 12 gm

Method:

1. Boil the tapioca in water; when tender drain the water and keep aside to cool. When cool enough to handle, mash the tapioca.
2. Mix the red chilli powder and turmeric powder together.
3. Crush the coconut, onions, and cumin seeds together. Mix the spice powder.
4. Mix this paste with the mashed tapioca, add salt and cook on low heat.
5. **For the tempering**, heat the oil in a wok (*kadhai*); add the mustard seeds and the remaining ingredients; sauté till brown. Remove and add to the tapioca mixture; mix well and serve hot.

Serves: 6



Bori Diya Palan Saag

Wadi with spinach

Ingredients:

Spinach (<i>palak</i>), chopped	250 gm / 9 oz
Wadi*	10 gm
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Bay leaves (<i>tej patta</i>)	2
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Water	¼ cup / 60 ml / 2 fl oz
Salt to taste	
Sugar	2 tsp / 6 gm

Method:

1. Heat the oil in a pan; fry the *wadi* and keep aside.
2. In the same oil, add bay leaves, turmeric powder, and spinach. Fry for 2 minutes.
3. Add water and *wadi* along with salt to taste and sugar. Cook till the water dries out and the spinach is cooked.
4. Serve hot.

**Wadi: Small sun-dried dumplings made with black gram. The black gram is soaked, ground to a paste and mixed with spices. Small dumplings of the paste are then spread on plastic sheets and left in the sun to dry and harden. Also easily available in the grocery store.*

Serves: 2-4

Palunga Ko Saag

Lightly spiced spinach

Ingredients:

Spinach (<i>palak</i>), washed	500 gm / 1.1 lb
Mustard (<i>sarson</i>) oil	2 tbsp / 30 ml / 1 fl oz
Carom (<i>ajwain</i>) seeds	½ tsp / 1 gm
Dry red chillies (<i>sookhi lal chillies</i>), halved	2-3
Salt to taste	

Serves: 2-4

Method:

1. Heat the oil, preferably in an iron pan.
2. When smoking hot, lower heat and add carom seeds and dry red chillies.
3. Drain the water from the spinach leaves and add to the iron pan.
4. Add salt and toss well. Cook for 4-5 minutes.
5. Remove from heat and serve.



Kashmiri Hak

Stir-fried spinach with a hint of asafoetida

Ingredients:

Spinach (<i>palak</i>)	1 kg / 2.2 lb
Mustard (<i>sarson</i>) oil	3 tbsp / 45 ml / 1½ fl oz
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Dry red chillies (<i>sookhi lal mirch</i>)	4
Water	2 cups / 500 ml / 16 fl oz
Sugar	a pinch
<i>Tikki</i> masala (see p. 10), crushed	¼ tsp

Serves: 4

Method:

1. Clean and wash the spinach; keep aside.
2. Heat the oil in a pot; add asafoetida, salt, dry red chillies, and water. Cover immediately and wait till the oil stops spattering. Uncover and bring to the boil.
3. Add the spinach followed by sugar; stir well. Cook on high heat for 15 minutes.
4. Add the *tikki* masala and cook for 5 minutes more, stirring continuously.
5. Serve hot accompanied by steamed rice.

Palak Tamater Ki Bhajee

Spinach cooked with tomatoes

Ingredients:

Spinach (<i>palak</i>), fresh or frozen, washed, roughly chopped	1 kg / 2.2 lb
Tomatoes, chopped	250 gm / 9 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Dry red chillies (<i>sookhi lal mirch</i>), cut in half	8
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Onions, sliced or chopped	½ cup / 60 gm / 2 oz
Garlic (<i>lasan</i>), peeled, cut lengthwise	4 tbsp / 50 gm / 1¾ oz
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Asafoetida (<i>hing</i>) powder	a pinch
Salt to taste	
Ginger (<i>adrak</i>), julienned	2 tsp / 6 gm

Method:

1. Heat the oil in a wok (*kadhai*); reduce heat and add dry red chillies, cumin seeds, onions, garlic, red chilli powder, turmeric powder, and asafoetida. Stir-fry for 2-3 minutes.
2. Add the tomatoes and cook for 2 minutes. Add the spinach and stir-fry. Sprinkle salt and cook covered on low heat for 6-7 minutes.
3. Serve hot garnished with ginger.

Serves: 4



Palak Bhajee

Stir-fried spinach

Ingredients:

Spinach (<i>palak</i>), roughly chopped	1 kg / 2.2 lb
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Dry red chillies (<i>sookhi lal mirch</i>), cut in half	8
Onions, sliced or chopped	½ cup / 60 gm / 2 oz
Garlic (<i>lasan</i>), peeled, cut lengthwise	4 tbsp / 50 gm / 1¾ oz
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	

Method:

1. Heat the oil in a wok (*kadhai*) till it starts smoking. Reduce heat, add dry red chillies, onions, garlic, red chilli powder, turmeric powder, and asafoetida; stir-fry for 2-3 minutes.
2. Immediately add the spinach and stir-fry.
3. Add salt, cover and cook on very low heat for 6-7 minutes.
4. Serve hot.

Serves: 4-5

Chiayou

Tangy mushrooms

Ingredients:

Mushrooms (<i>guchhi</i>), halved	500 gm / 1.1 lb
Mustard (<i>sarson</i>) oil	4 tbsp / 60 ml / 2 fl oz
Asafoetida (<i>hing</i>)	a pinch
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
<i>Jimmu</i> (see p. 9), optional	½ tsp / 3 gm
Garlic (<i>lasan</i>), peeled, crushed	2 tsp / 12 gm
Onion, medium-sized, thinly sliced	1
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
<i>Timmur</i> (see p. 9), ground	½ tsp / 1½ gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Cumin (<i>jeera</i>) powder	½ tsp / 1½ gm
Red chilli powder	1 tsp / 2 gm
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Tomatoes, medium-sized, chopped	2
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Heat the oil till it starts smoking. Lower heat and add asafoetida, fenugreek seeds, and *jimmu*. Add garlic and cook till brown. Add onion and cook further till brown.
2. Add the mushrooms and cook on high heat for a minute. Mix in the turmeric powder, salt, yoghurt, all the powdered ingredients, and ginger paste.
3. When the liquid gets absorbed, add the tomatoes and cook on medium heat till the oil separates. Garnish with green coriander and serve.

Serves: 2-4



Guchhi Aur Bandh Gobhi

Stir-fried cabbage and morel mushrooms

Ingredients:

Morel mushrooms (<i>guchhi</i>), quartered	600 gm / 22 oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Cabbage (<i>bandh gobhi</i>), shredded	100 gm / 3½ oz
Onions, sliced	¾ cup / 90 gm / 3 oz
Garlic (<i>lasan</i>) paste	4 tsp / 24 gm
Dry red chillies (<i>sookhi lal mirch</i>), pounded	4
Coriander (<i>dhaniya</i>) seeds, pounded	1 tsp / 2 gm
Garam masala	2 tsp / 4 gm
Salt to taste	
Tomatoes, chopped	500 gm / 1.1 lb
Green chillies, chopped	4
Ginger (<i>adrak</i>), chopped	6 tsp / 36 gm / 1¼ oz
Green coriander (<i>hara dhaniya</i>), chopped	4 tsp / 8 gm
Capsicum (<i>Shimla mirch</i>), julienned	60 gm / 2 oz

Method:

1. Heat 2 tbsp oil in a pan; sauté the morel mushrooms and cabbage separately till soft. Keep aside.
2. Heat the remaining oil; sauté onions till transparent. Add the garlic paste, dry red chillies, coriander seeds, garam masala, and salt. Stir for 30 seconds. Add the tomatoes and cook till the oil separates. Add the green chillies, ginger, 2 tsp green coriander, morel mushrooms, and cabbage. Cook for a few minutes. Garnish with capsicum and the remaining green coriander. Serve hot.

Serves: 4-5

Guchhi Aur Bhutte Ki Subzi

Morel mushrooms and corn bonanza

Ingredients:

Morel mushrooms (<i>guchhi</i>)	500 gm / 1.1 lb
Sweet corn (<i>bhutta</i>)	250 gm / 9 oz
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz
Green cardamom (<i>choti elaichi</i>)	4
Cloves (<i>laung</i>)	3
Mace (<i>javitri</i>) powder	a pinch
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Onion paste	½ cup / 150 gm / 5 oz
Cashew nut (<i>kaju</i>) paste	6 tbsp / 60 gm / 2 oz
Yoghurt (<i>dahi</i>)	1¼ cups / 250 gm / 9 oz
Green chillies, slit	4
Salt to taste	
Cream	½ cup / 100 ml / 3½ fl oz
Green coriander (<i>hara dhaniya</i>), chopped	3 tbsp / 12 gm

Method:

1. Heat the oil in a heavy-bottomed pan; add green cardamom, cloves, and mace powder. When they start spluttering, add the ginger and garlic pastes. Mix well. Add the onion and cashew nut pastes. Cook for 5-6 minutes more.
2. Add the yoghurt, green chillies, salt, morel mushrooms, and corn; simmer for 20 minutes.
3. Mix in the cream and green coriander. Remove and serve with masala puri (see p. 401).

Serves: 4-6



Kadhai Mushroom

Morel mushrooms in a hot tomato sauce

Ingredients:

Morel mushrooms (<i>guchhi</i>), washed, halved	800 gm / 28 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Dry red chillies (<i>sookhi lal mirch</i>)	10
Onions, chopped	½ cup / 60 gm / 2 oz
Ginger (<i>adrak</i>) paste	6 tsp / 36 gm / 1¼ oz
Garlic (<i>lasan</i>) paste	6 tsp / 36 gm / 1¼ oz
Garam masala	3 tsp / 6 gm
Dry fenugreek leaves (<i>kasoori methi</i>), powdered	1 tsp / ½ gm
Tomatoes, deseeded, skinned	350 gm / 12 oz
Salt to taste	
Coriander (<i>dhaniya</i>) seeds, roasted, crushed	2 tsp / 4 gm
Black peppercorns (<i>sabut kali mirch</i>)	½ tsp / 3 gm
Green chillies, slit	6-8
Green coriander (<i>hara dhaniya</i>), chopped	3 tsp / 12 gm

Method:

1. Heat the oil in a pan; add dry red chillies and onions. Sauté and then add ginger-garlic pastes. Cook on medium heat. Add garam masala, fenugreek powder, and tomatoes, continue to cook on medium heat until the oil separates.
2. Add the morel mushrooms carefully and toss on high heat until the mushrooms are well coated. Cook for 5-6 minutes, stirring occasionally.
3. Add the salt, coriander seeds, black peppercorns, green chillies, and green coriander. Serve hot.

Serves: 4

Kurkuri Bhindi

Crunchy okra

Ingredients:

Okra (<i>bhindi</i>), cut lengthwise into 4 slices	500 gm / 1.1 lb
Salt to taste	
Red chilli powder	1 tsp / 2 gm
Garam masala	1 tsp / 2 gm
Mango powder (<i>amchur</i>)	½ tsp / 1 gm
<i>Chaat</i> masala	½ tsp / 1 gm
Gram flour (<i>besan</i>)	3 tbsp / 30 gm / 1 oz
Vegetable oil for frying	
Ginger (<i>adrak</i>), julienned	1½ tsp / 9 gm
Green chillies, sliced (optional)	2

Serves: 4-6

Method:

1. Spread the okra on a flat dish and sprinkle salt, red chilli powder, garam masala, mango powder, and *chaat* masala. Mix gently.
2. Now, add gram flour and mix gently to coat evenly, preferably without adding any water. Divide the okra into 2 portions.
3. Heat the oil in a pan to smoking point. Fry 1 portion of the okra mixture, separating each lightly with a fork. Do not allow the slices to stick to each other. Remove with a slotted spoon when both the sides are crisp and brown. Similarly, fry the other portion.
4. Serve hot garnished with ginger and green chillies.



Quiabos com Cebolas

Okra with onion

Ingredients:

Okra (<i>bhindi</i>), washed	500 kg / 1.1 lb
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Onion, medium-sized, chopped	1
Garlic (<i>lasan</i>), minced	½ tsp / 3 cloves
Ginger (<i>adrak</i>), minced	½ tsp / ½" piece
Turmeric (<i>haldi</i>) powder	¼ tsp
Green chillies, chopped	1-2
Vinegar (<i>sirka</i>)	1 tbsp / 15 ml
Salt to taste	

Serves: 4-6

Method:

1. Wipe the okra with a cloth. Cut off the tops and discard. Chop into 1" pieces.
2. Heat the oil in a pan; sauté onion for 2 minutes till transparent. Add garlic and ginger; sauté for 30 seconds.
3. Add the okra, turmeric powder, green chillies, vinegar, and salt; mix well. Cook covered on low heat till the vegetable is tender. Open the lid and stir-fry to dry up any liquid. Adjust seasoning.
4. Serve hot.

Variations: Any vegetable can be cooked this way. Omit the vinegar and add tamarind pulp or 1 large tomato instead.

Karela Bhindu Nu Shak

Okra and bitter gourd flavoured with asafoetida

Ingredients:

Okra (<i>bhindi</i>), washed, wiped dry, cut into pieces	250 gm / 9 oz
Bitter gourd (<i>karela</i>), cut into thin round slices	150 gm / 5 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Asafoetida (<i>hing</i>)	a pinch
Turmeric (<i>haldi</i>) powder	¼ tsp / ½ gm
Red chilli powder	½ tsp / 1 gm
Cumin (<i>jeera</i>) powder	½ tsp / ¾ gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Sugar	1 tsp / 3 gm
Salt to taste	

Method:

1. Mix 2 tsp salt with the bitter gourd and keep aside for 1 hour. Squeeze out the liquid from the bitter gourd.
2. Heat the oil in a pan; add asafoetida, okra, and bitter gourd. Sauté over medium heat for 10 minutes.
3. When cooked, add turmeric powder, red chilli powder, cumin powder, coriander powder, sugar, and salt. Cook for about 5 minutes more and serve with roti or *methi na thepla* (see p. 414).

Serves: 2



Bharwan Bhindi

Stuffed okra

Ingredients:

Okra (<i>bhindi</i>), washed, dried	500 gm / 1.1 lb
For the filling:	
Mango powder (<i>amchur</i>)	2 tbsp / 12 gm
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	2 tbsp / 12 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Salt to taste	
Ghee	2 tbsp / 30 gm / 1 oz

Method:

1. Slit each okra from the centre without cutting it into two halves.
2. **For the filling**, combine all the ingredients in a bowl and mix thoroughly.
3. Fill each okra with this mixture carefully.
4. Heat the ghee in a pan; add the stuffed okra gently and cook on low heat till done.
5. Serve hot.

Serves: 2-4

Phool Gobhi Kerau

Cauliflower and green pea delight

Ingredients:

Cauliflower (<i>phool gobhi</i>), cut into medium-sized florets	750 gm / 26 oz
Green peas (<i>hara matar</i>), shelled	200 gm / 7 oz
Mustard (<i>sarson</i>) oil	4 tbsp / 60 ml / 2 fl oz
Fenugreek seeds (<i>methi dana</i>)	1 tsp / 3 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Garlic (<i>lasan</i>), peeled, crushed	1 tbsp / 18 gm
Ginger (<i>adrak</i>), scraped, finely ground	2 tsp / 12 gm
Green chillies, slit, deseeded	6-7

Serves: 4-6

Method:

1. Slit the stalks of the florets and immerse in water. Rub ½ tsp salt into the peas and keep aside.
2. Heat the oil in a pan; add fenugreek seeds. Once they crackle, add cauliflower (drained). Cover and cook till it becomes soft.
3. Add turmeric powder and toss. After 2 minutes, add salt and cook covered for 5 more minutes till the cauliflower becomes tender. If still not tender, sprinkle a little water and cook, covered again.
4. Add garlic, ginger, green chillies, and green peas and cook covered, stirring occasionally till the peas become tender and the oil separates. Be careful to avoid breaking the florets.



Adraki Gobhi

Cauliflower seasoned with ginger

Ingredients:

Cauliflower (<i>phool gobhi</i>), cut into florets, washed	1 kg / 2.2 lb
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz
Onions, finely chopped	¾ cup / 90 gm / 3 oz
Ginger (<i>adrak</i>) paste	4 tsp / 25 gm
Garlic (<i>lasan</i>) paste	4 tsp / 25 gm
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Red chilli powder	2 tsp / 4 gm
White pepper (<i>safed mirch</i>) powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Tomatoes, skinned, chopped	100 gm / 3½ oz
Salt to taste	
Garam masala	2 tsp / 4 gm
Butter	2 tsp / 10 gm
Ginger, julienned	2 tsp / 12 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tsp / 4 gm

Method:

1. Heat the oil in a pan; add onions and sauté on medium heat. Add the ginger-garlic pastes, turmeric powder, red chilli powder, white pepper powder, coriander powder, and tomatoes. Sauté for a minute.
2. Add the cauliflower and ½ cup water. Cover and cook for 15 minutes till the mixture is absolutely dry. Season with salt and garam masala.
3. Heat the butter in a pan; add ginger and sauté lightly. Remove and sprinkle over the cauliflower. Garnish with green coriander.

Serves: 4-5

Gobhi Chaman

Fried cottage cheese and cauliflower sprinkled with cumin seeds

Ingredients:

Cottage cheese (<i>paneer</i>), cut into large, thin rectangles	500 gm / 1.1 lb
Cauliflower (<i>phool gobhi</i>), washed, cut into large florets	500 gm / 1.1 lb
Mustard (<i>sarson</i>) oil	¾ cup / 150 ml / 5 fl oz
Ghee / Vegetable oil	¼ cup / 50 gm / 1¾ oz
Aniseed (<i>saunf</i>) powder	1 tbsp / 4½ gm
Ginger powder (<i>sonth</i>)	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Black cardamom (<i>badi elaichi</i>)	2 / 1½ gm
Green cardamom (<i>choti elaichi</i>)	2
Bay leaves (<i>tej patta</i>)	2
Cloves (<i>laung</i>)	4
Salt to taste	
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm

Method:

1. Heat the mustard oil till it starts smoking; deep-fry the cottage cheese and cauliflower till they are light golden brown in colour. Drain and keep aside.
2. Heat the ghee / oil in a separate pan. When hot, reduce heat and add aniseed powder, dry ginger powder, turmeric powder, black and green cardamom, bay leaves, and cloves. Stir and add the fried cottage cheese and cauliflower. Add salt and mix well.
3. Add 1½ cups of hot water and cook till the water evaporates. Sprinkle the black cumin seeds and mix well.

Serves: 4-6



Khatti-Meethi Gobhi

Honey-tamarind cabbage

Ingredients:

Cabbage (<i>bandh gobhi</i>), large, cut into small strips	½
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Garam masala	2 tsp / 4 gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Tamarind (<i>imli</i>), soaked in water to extract ¾ cup (see p. 10)	50 gm / 1¾ oz
Vinegar (<i>sirka</i>)	1 tbsp / 15 ml
Salt to taste	
Honey, clear	2 tbsp / 30 ml / 1 fl oz

Method:

1. Heat the ghee / oil in a pan and remove from heat. Add coriander powder, garam masala, and black pepper powder. Stir.
2. Return the pan to the heat and add the cabbage, tamarind extract, and vinegar. Bring to the boil, then add salt and honey. Cook until the cabbage is done.

Serves: 4-6

Gobhi Mussallam

Baked spicy cauliflower

Ingredients:

Cauliflower (<i>phool gobhi</i>), cut into florets	180 gm / 6 oz
Turmeric (<i>haldi</i>) powder	a pinch
Salt to taste	
Bay leaves (<i>tej patta</i>)	4
Water as required	
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Cloves (<i>laung</i>)	4
Green cardamom (<i>choti elaichi</i>)	4
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tsp / 12 gm
Butter	3 tbsp / 60 gm / 2 oz
Garam masala	a pinch
Red chilli powder	a pinch
White pepper (<i>safed mirch</i>) powder	a pinch
Cashew nut (<i>kaju</i>) paste	3 tbsp / 30 gm / 1 oz
Yoghurt (<i>dahi</i>)	2 tbsp / 60 gm / 2 oz
Tomato purée, fresh	3 tbsp / 45 ml / 1½ fl oz
Brown onion paste (see p. 10)	2 tbsp / 50 gm / 1¾ oz
Cream	¼ cup / 50 ml / 1¾ fl oz

Method:

1. Boil the water in a pan; add turmeric powder, salt, and bay leaves. Gradually, add the cauliflower and cook covered on medium heat till ¾th done.
2. Remove from heat and drain the water. Transfer the cauliflower to an ovenproof dish.
3. Heat the oil in a pan; add cloves and green cardamom. Sauté till they crackle. Stir in the ginger-garlic paste dissolved in 2 tbsp water. When the water dries out, add the butter and the spices.
4. Mix the cashew nut paste and yoghurt in ½ cup water and add to the pan. Cook on low heat till it comes to the boil. Stir in the tomato purée and the brown onion paste. Cook covered for about 5 minutes and stir in the cream.
5. Remove from heat and pour over the cauliflower florets.
6. Bake in a moderately hot oven for about 5-10 minutes and serve hot.

Serves: 4



Mottacos Poriyal

Stir-fried cabbage

Ingredients:

Cabbage (<i>bandh gobhi</i>), finely shredded	500 gm / 1.1 lb
Coconut (<i>nariyal</i>) oil	3 tbsp / 45 ml / 1½ fl oz
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Onions, chopped	½ cup / 60 gm / 2 oz
Green chillies, chopped	3
Curry leaves (<i>kadhi patta</i>)	a few
Split black gram (<i>urad dal</i>)	½ tsp
Grind to a paste:	
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Aniseed (<i>saunf</i>)	½ tsp / 1 gm
Black peppercorns (<i>sabut kali mirch</i>)	5
Garlic (<i>lasan</i>) cloves	5
Coconut, grated	¼
Salt to taste	

Method:

1. Heat the coconut oil in a steel pan; add mustard seeds, onions, green chillies, curry leaves, and split black gram. Sauté till the black gram turns light golden brown.
2. Add the cabbage and the cumin seed paste. Stir well. Mix half the grated coconut and check for seasoning. Cover and cook on low heat for 12-15 minutes.
3. Serve hot, garnished with the remaining coconut.

Serves: 2-4

Fugad de Repolho

Steamed cabbage

Ingredients:

Cabbage (<i>bandh gobhi</i>), finely shredded	400 gm / 14 oz
Vegetable oil	1 tbsp / 15 ml
Onion, medium-sized, sliced	1
Garlic (<i>lasan</i>), minced (optional)	½ tsp / 3 cloves
Green chilli, minced	1
Salt	½ tsp / 2 gm
Coconut (<i>nariyal</i>), grated	3 tbsp / 12 gm

Serves: 4

Method:

1. Heat the oil in a pan; add the onion and garlic, if using, and sauté for 3 minutes till soft.
2. Add the cabbage, green chilli, and salt. Mix well. Cover with a deep metal lid. Pour some water on the lid and cook the cabbage in its own juices for 10 minutes till soft, but not mushy.
3. Add the coconut and mix well. Serve hot.

Note: This is the most common method of cooking vegetables, especially gherkins, spinach, red amaranth, red pumpkin, snake gourd, and bottle gourd. Increase the quantity of onions when cooking leafy vegetables.



Cabbage Thoren

Cabbage cooked with coconut

Ingredients:

Cabbage (<i>bandh gobhi</i>), finely shredded, boiled	2 cups
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Onion, large, finely chopped	¼ cup / 30 gm / 1 oz
Green chillies, chopped	2 tsp
Curry leaves (<i>kadhi patta</i>)	a few
Coconut (<i>nariyal</i>), grated	½ cup / 50 gm / 1¾ oz
Salt to taste	

Method:

1. Heat the oil in a pan; add the mustard seeds. When they start spluttering, add the onion, green chillies, and curry leaves; sauté for a while.
2. Now add the coconut and stir for a few minutes.
3. Add the cabbage and salt; sauté till the water is completely absorbed.
4. Serve hot.

Serves: 4

Barith Marchavangun

Stuffed green chillies

Ingredients :

Green chillies, large	15-20
Vinegar (<i>sirka</i>)	½ cup / 100 ml / 3½ fl oz
Walnuts (<i>akhrot</i>), shelled	1 cup / 120 gm / 4 oz
Ginger (<i>adrak</i>), grated	2 tbsp / 36 gm / 1¼ oz
Pomegranate seeds (<i>anar dana</i>)	3 tbsp / 15 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Water	a few spoons
Vegetable oil for frying	½ cup / 100 ml / 3½ fl oz

Serves: 4-6

Method :

1. Wash the chillies and make a small slit in each. De-seed and soak them in vinegar for at least 1 hour.
2. Grind together walnuts, ginger, pomegranate seeds, cumin seeds, asafoetida, and salt to a smooth paste, adding a few spoons of water, if necessary. Remove and keep in a small bowl.
3. Remove the chillies from the vinegar and spread out in a plate. Fill a little of the ground paste into the slits of the chillies. Do not over stuff, put only enough so as to allow the slits to remain closed. Keep them aside.
4. Heat the oil in a pan; shallow-fry the chillies on low heat till they change colour (about a minute). Serve as a side dish.



Besan Ki Hari Mirch

Green chillies stuffed with gram flour

Ingredients :

Green chillies, large, slit	500 gm / 1.1 lb
Gram flour (<i>besan</i>)	½ cup / 50 gm / 1¾ oz
Salt to taste	
Red chilli powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	¼ tsp
Coriander (<i>dhaniya</i>) powder	½ tsp / ¾ gm
Mango powder (<i>amchur</i>)	1 tsp / 2 gm
Water	4 tbsp / 60 ml / 2 fl oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz

Method :

1. Roast the gram flour in a wok (*kadhai*) for 5 minutes till it emanates a roasted fragrance.
2. Add all the dry spices along with water and cook till a thick paste-like consistency is obtained. Stir continuously. Remove from heat and keep aside to cool.
3. Stuff the green chillies with the gram flour paste.
4. Heat the oil and fry the green chillies, uncovered, on low heat till they become tender and change colour. Remove from heat and serve hot.

Serves: 4

Mirch Ka Salan

Curried green chillies

Ingredients:

Green chillies	400 gm / 14 oz
Tamarind (<i>imli</i>), soaked in ¼ cup water for 30 minutes	½ cup / 100 gm / 3½ oz
Sesame (<i>til</i>) seeds	2 tsp / 4 gm
Groundnuts (<i>moongphalli</i>)	1 tbsp / 15 gm
Mustard (<i>sarson</i>) oil	4 tbsp / 60 ml / 2 fl oz
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Onion seeds (<i>kalonji</i>)	½ tsp / 1 gm
Curry leaves (<i>kadhi patta</i>)	2 sprigs
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tsp / 12 gm
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm
Coriander (<i>dhaniya</i>) powder	4 tsp / 6 gm
Red chilli powder	2 tsp / 4 gm
Brown onion paste (see p. 10)	1 tbsp / 25 gm
Salt to taste	

Method:

1. Squeeze the tamarind, discard the pulp and retain the extract.
2. Blend sesame seeds and groundnuts together to make a smooth paste.
3. Heat the oil in a pan; sauté mustard seeds and onion seeds till they crackle. Add curry leaves. After a few seconds add ginger-garlic paste, sauté for a minute. Add the spice powders, brown onion paste, salt, and sesame-peanut paste; mix well.
4. Add the tamarind extract and green chillies; bring the mixture to the boil. Cover and cook on *dum* for 10-15 minutes or over a hot plate. Remove from heat.
5. Serve hot with steamed rice.

Serves: 4



Bharwan Shimla Mirch

Stuffed capsicum

Ingredients:

Capsicum (<i>Shimla mirch</i>), large	6
Butter / Vegetable oil	1 tbsp / 15 ml
Spring onions, chopped	120 gm / 4 oz
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Cottage cheese (<i>paneer</i>), grated	250 gm / 9 oz
Salt to taste	
Chaat masala	1 tbsp
Green chillies, chopped	4
Cumin (<i>jeera</i>) powder	2 tsp / 3 gm

Serves: 4-5

Method:

1. Slice each capsicum from the top. Scoop out the seeds and keep the capsicum cups and slice aside.
2. Heat the butter / oil in a pan; stir-fry the spring onions. Add the remaining ingredients. Cook further for 4-5 minutes. Remove from heat.
3. Fill the cottage cheese mixture into the capsicum cups and cover with the capsicum slice. Secure with toothpicks.
4. Preheat oven to 150°C / 300°F. Place the stuffed capsicum on a baking tray or skewer carefully and grill on charcoal for 8-10 minutes or till the skin develops golden brown spots. Remove the toothpicks and serve hot.

Dum Karela

Bitter gourd cooked on a slow fire

Ingredients :

Bitter gourd (<i>karela</i>), scraped, sliced into 4 pieces, deseeded	10 pieces
Mustard (<i>sarson</i>) oil	½ cup / 100 ml / 3½ fl oz
Potatoes, sliced	3
Ghee	½ cup / 100 gm / 3½ oz
Asafoetida (<i>hing</i>)	a pinch
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Fenugreek seeds (<i>methi dana</i>)	¼ tsp / ¾ gm
Green chillies, finely chopped	4
Jaggery (<i>gur</i>)	a small piece
Onion seeds (<i>kalonji</i>)	¼ tsp
Yoghurt (<i>dahi</i>), beaten	1 cup / 200 gm / 7 oz
Ginger powder (<i>sonth</i>)	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Salt to taste	
Red chilli powder to taste	
Ginger (<i>adrak</i>), 1" piece, crushed	1
Green coriander (<i>hara dhaniya</i>), chopped	a bunch

Method :

1. Heat the mustard oil in a wok (*kadhai*); fry the bitter gourd. Remove and keep aside. Fry the potatoes till golden. Remove and keep aside.
2. In another wok, heat the ghee. Add asafoetida, cumin seeds, fenugreek seeds, green chillies, jaggery, and onion seeds. When they splutter, add fried potatoes and bitter gourd; mix well.
3. Add the yoghurt, the remaining spices, and ginger. Cook on *dum* (see p. 520) for 30 minutes. When soft, add green coriander and serve hot.

Serves: 5-6



Tinda Ka Bharta

Mashed courgettes

Ingredients :

Courgettes (<i>tinda</i>), medium-sized, peeled, boiled, grated	500 gm / 1.1 lb
Ghee	¾ cup / 150 gm / 5 oz
Onions, chopped	1 cup / 120 gm / 4 oz
Tomatoes, chopped	1 cup / 200 gm / 7 oz
Dry red chillies (<i>sookhi lal mirch</i>)	3
Cumin (<i>jeera</i>) seeds, roasted	1 tsp / 2 gm
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Dry fenugreek leaves (<i>kasoori methi</i>)	1 tsp / ½ gm
Green chillies	5
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method :

1. Heat the ghee in a wok (*kadhai*); add the onions and tomatoes and fry for a while.
2. Add the dry red chillies, cumin seeds, red chilli powder, salt, and dry fenugreek leaves; mix well. Cook until the tomatoes turn soft.
3. Add the round gourd and cook covered on low heat. Mix well.
4. Serve hot, garnished with green chillies and coriander.

Serves: 2-4

Bharwan Karele

Stuffed bitter gourd

Ingredients:

Bitter gourd (<i>karela</i>)	1 kg / 2.2 lb
Mustard (<i>sarson</i>) oil for frying	
For the filling:	
Ghee	4 tbsp / 60 gm / 2 oz
Asafoetida (<i>hing</i>) powder	a pinch
Sugar	2 tsp / 6 gm
Salt	2 tsp / 8 gm
Potatoes, cut into ½" cubes	120 gm / 4 oz
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Lentil (<i>masoor dal</i>), washed, drained	4 tbsp / 60 gm / 2 oz
Tamarind (<i>imli</i>) pulp	2 tsp / 10 gm
Fennel (<i>moti saunf</i>)	2 tsp / 3 gm
Red chilli powder	1 tsp / 2 gm
Onion paste	3 tbsp / 75 gm / 2½ oz
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Ginger (<i>adrak</i>), chopped	½ tbsp / 12 gm
Green chillies, chopped	2-3
Green coriander (<i>hara dhaniya</i>), chopped	2 tsp / 5 gm
Water	½ cup / 125 ml / 4 fl oz
Mustard oil	3 tbsp / 45 ml / 1½ fl oz
Yoghurt (<i>dahi</i>)	2 tbsp / 60 gm / 2 oz
Salt to taste	
Red chilli powder	1 tsp / 2 gm
Ginger paste	1½ tsp / 9 gm

Method:

1. Scrape the bitter gourd and boil till half cooked. When cool, slit and remove the seeds. Squeeze out the excess water, gently.
2. Heat the mustard oil in a wok (*kadhai*); deep-fry the bitter gourd till crisp. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Keep aside.
3. **For the filling**, heat the ghee in a pan; add asafoetida and all the other ingredients. Stir-fry for a few minutes. Then pour in the water and cook till the water is absorbed. Remove from heat.
4. When the mixture cools, stuff the bitter gourd with this filling and secure by wrapping a thread around, several times.
5. In a separate pan, heat the mustard oil; add the stuffed bitter gourd and the remaining ingredients. Cook till the mixture is dry. Remove and serve hot.

Serves: 4



Bharwan Tinde

Stuffed courgettes

Ingredients:

Courgettes (<i>tinda</i>), washed, dried	4
Vegetable oil for frying	
Onion, finely chopped	1
Tomatoes, chopped	2
Garam masala	1 tbsp / 4 gm
Red chilli powder	1 tsp / 2 gm
Mango powder (<i>amchur</i>)	2 tsp / 4 gm
Salt to taste	
Cream	4 tbsp / 80 ml / 2¾ fl oz

Serves: 2-4

Method:

1. Slice the top of the courgettes; keep the lids aside. Scoop out the centre and discard.
2. Heat the oil in a pan; deep-fry the courgettes for 1-2 minutes. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Keep aside.
3. Heat 4 tbsp oil in a pan; sauté the onion until transparent. Mix in the tomatoes and cook for 4-5 minutes. Add garam masala, red chilli powder, mango powder, salt, and cream. Cook covered on low heat for a few minutes.
4. Fill each courgette cup with this mixture, replace the lid, place them on a baking tray and bake in a preheated oven (180°C / 350°F) for 5-7 minutes. Remove the lid and serve hot.



Bharwan Parwal

Stuffed parwar

Ingredients:

Parwar (<i>parwal</i>), medium-sized, peeled, slit vertically	10
For the stuffing:	
Red chilli powder	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	¾ tsp / 1 gm
Mango powder (<i>amchur</i>)	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	¼ tsp
Garam masala (optional)	¼ tsp
Salt to taste	
Ghee	1 tbsp / 15 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm

Method:

1. **For the stuffing**, mix all the ingredients together. Add 3-4 drops of ghee to bind the mixture. Stuff 1 tsp filling into each parwar.
2. Heat the ghee in a pressure pan; add cumin seeds. When they start spluttering, add the stuffed parwars. Any leftover stuffing can be sprinkled over the parwars. Add 2 tbsp water, cover the pan and cook till 2 whistles.
3. Release the pressure immediately to retain the colour of the parwars. Serve hot.

Serves: 4-6

Kela Na Sambhariya

Raw bananas stuffed with gram flour

Ingredients:

Raw bananas, ends chopped	8
For the filling:	
Gram flour (<i>besan</i>)	1¼ cups / 125 gm / 4 oz
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Green chillies, chopped	4
Sugar	2 tsp / 6 gm
Salt to taste	
Vegetable oil	1 cup / 200 ml / 7 fl oz
Serves: 6	

Method:

1. Leaving the skin intact, slice the banana lengthwise, into 4 sections, just stopping short of the base.
2. **For the filling**, mix all the ingredients together.
3. Stuff the filling into the banana slices. Keep aside 2 tsp of the filling.
4. Heat the oil in a pan; place the stuffed bananas side by side. Cook on low heat, covered with a lid containing some water, to prevent the bananas from sticking to the bottom of the pan.
5. After 10 minutes, add the remaining stuffing. Cover the pan with the lid again.
6. Stir once after 5 minutes and then remove the pan from the heat. Serve piping hot.



Vareka Uperi

Raw banana with black-eyed beans

Ingredients:

Black-eyed beans (<i>lobia</i>)	¼ cup
Bananas, raw	2
Grind to a paste:	
Cumin (<i>jeera</i>) seeds	a pinch
Green chillies	2
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Garlic (<i>lasan</i>) cloves	4
Coconut (<i>nariyal</i>), grated	½ cup / 50 gm / 1¾ oz
Vegetable oil	
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Dry red chillies (<i>sookhi lal mirch</i>), quartered	2
Button onion, finely chopped	1 tbsp
Curry leaves (<i>kadhi patta</i>)	a few

Method:

1. Boil the black-eyed beans in a pressure cooker with enough water to cover till tender. Remove and keep aside.
2. Add the coconut to the spice paste and grind again till smooth.
3. In a pan, mix the boiled black-eyed beans and banana together. In the centre of this mixture place the coconut paste. Cook covered for a few minutes. Then remove the lid, stir the contents and remove from heat.
4. Heat the oil in a pan; add mustard seeds, dry red chillies, button onion, and curry leaves; sauté for a few minutes. Add the vegetable mixture; mix well and remove from heat. Serve hot.

Serves: 4

Khichu

A simple Gujarati dish made of rice flour

Ingredients:

Rice flour	1 cup / 115 gm / 3¾ oz
Water	1½ cups / 375 ml / 12 oz
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Red chilli powder	¼ tsp
Asafoetida (<i>hing</i>)	¼ tsp
Green chillies, chopped	½ tsp
Salt to taste	
Soda bicarbonate	¼ tsp / 1½ gm
Vegetable oil	2 tbsp / 30 ml / 1 oz
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Boil the water in a pan. Add cumin seeds, red chilli powder, asafoetida, green chillies, and salt. Mix well.
2. Add the rice flour and soda bicarbonate, stir vigorously with a wooden spoon to avoid lumps. Cover and simmer for 10-12 minutes.
3. Add the oil and green coriander. Mix well.
4. Serve hot with ghee, crushed *pappad*, pickle and yoghurt.

Serves: 2-3



Posto Chorchori

Mixed vegetables with poppy seeds

Ingredients:

Poppy seeds (<i>khus khus</i>)	¼ cup
Green chillies	2 gm
Broad beans (<i>sem</i>), cut into fingers	50 gm / 1¾ oz
Cauliflower (<i>phool gobhi</i>), small florets	50 gm / 1¾ oz
Aubergines (<i>baingan</i>), cut into fingers	60 gm / 2 oz
Radish (<i>mooli</i>), cut into fingers	30 gm / 1 oz
Cabbage (<i>bandh gobhi</i>), chopped	60 gm / 2 oz
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Onion seeds (<i>kalonji</i>)	1 tsp / 2 gm
Dry red chillies (<i>sookhi lal mirch</i>)	2 gm
Water	¼ cup / 60 ml / 2 fl oz
Salt to taste	

Method:

1. Soak the poppy seeds in a little water. Make a paste with green chillies.
2. Heat the oil in a pan; add turmeric powder, onion seeds, and dry red chillies; sauté for half a minute.
3. Add all the vegetables and sauté for about 4 minutes.
4. Add the water, poppy seed paste, and salt. Cook till the water dries up and the vegetables are cooked.

Serves: 2-4

Sojana Data Posto

Drumsticks with poppy seeds

Ingredients:

Drumsticks (<i>saijan ki phalli</i>)	300 gm / 11 oz
Poppy seeds (<i>khus khus</i>)	½ cup
Mustard (<i>sarson</i>) oil	2 tbsp / 30 ml / 1 fl oz
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Salt to taste	
Water	3 cups / 750 ml / 24 fl oz

Serves: 2-4

Method:

1. Peel and cut the drumsticks into finger-sized pieces.
2. Wash and soak the poppy seeds in ½ cup water for half an hour. Grind to a paste.
3. Heat the mustard oil in a pan; sauté the drumsticks for a few seconds.
4. Add the turmeric powder, salt, the remaining water, and the poppy seed paste.
5. Cook for 20-25 minutes or till the drumsticks are done.



Lasan Kerao Sandheko

Spicy garlic-flavoured green peas

Ingredients:

Green peas (<i>hara matar</i>), shelled, boiled	2 cups
Salt to taste	
Green garlic (<i>hara lasan</i>) with stems, dry roasted, chopped	2 bunches / 20 pods
Cumin (<i>jeera</i>) seeds, roasted, ground	2 tsp / 4 gm
Dry red chillies (<i>sookhi lal mirch</i>), roasted, coarsely ground	2 tsp / 4 gm
Ginger (<i>adrak</i>), grated, dry roasted	2 tsp / 12 gm
Chukamilo (see p. 9)	¼ tsp / 1½ gm
or	
Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml
Green chillies, dry roasted, slit into two	3
Mustard (<i>sarson</i>) oil	2 tbsp / 30 ml / 1 fl oz

Method:

1. Mix salt with the peas and keep aside for 30 minutes.
2. Combine all the ingredients and mix well with the peas.
3. Serve cold.

Serves: 4-6

Makke Tareko

Stir-fried corn

Ingredients:

Corn (<i>bhutta</i>) kernels, separated	8
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Asafoetida (<i>hing</i>)	a small pinch
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Black peppercorns (<i>sabut kali mirch</i>), pounded	½ tsp / 3 gm
Ginger-garlic (<i>adrak-lasan</i>) paste	1 tsp / 6 gm
Green chillies, chopped	2-3
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Garam masala	½ tsp / 1 gm
Cumin (<i>jeera</i>) powder	½ tsp / ¾ gm
Lemon (<i>nimbu</i>), cut into wedges	1
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Heat the oil in a pan; add asafoetida and cumin seeds. When they crackle, add black peppercorns and ginger-garlic paste; sauté a little.
2. Add the corn kernels, green chillies, turmeric powder, and salt. Stir and sprinkle the powdered spices with 1 tbsp water. Cook covered on very low heat, till the corn becomes dry and cooked.
3. Serve garnished with lemon wedges and green coriander.

Serves: 2-4



Bhutte Ki Subzi

Spicy corn in whipped cream

Ingredients:

Corn (<i>bhutta</i>) kernels, coarsely grated	500 gm / 1.1 lb
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Onion, finely chopped	1
Ginger (<i>adrak</i>) paste	1½ tsp / 9 gm
Garlic (<i>lasan</i>) paste	1½ tsp / 9 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Red chilli powder	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Water	2 cups / 500 ml / 16 fl oz
Cream, whipped	½ cup / 100 ml / 3½ oz
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Heat the oil in a pan; add cumin seeds and onions, sauté till golden brown. Add ginger and garlic pastes. Cook until brown.
2. Mix the turmeric powder, salt, red chilli powder, and coriander powder in ½ cup water. Add to the pan and cook for 5 minutes on low heat.
3. When the mixture leaves the sides of the pan, add the corn and fry for 5 minutes.
4. Add 2 cups water, cover and cook on low heat for 10-12 minutes.
5. When the corn is tender and the liquid has almost dried, mix in the cream.
6. Garnish with green coriander and serve.

Serves: 2-4

Kande Ki Subzi

Onions cooked with yoghurt

Ingredients:

Onions, cut into big pieces	500 gm / 1.1 lb
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Garlic (<i>lasan</i>) paste	1½ tsp / 9 gm
Ginger (<i>adrak</i>) paste	1½ tsp / 9 gm
Red chilli powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Water	1 cup / 250 ml / 8 fl oz
Yoghurt (<i>dahi</i>)	¼ cup / 50 gm / 1¼ oz

Method:

1. Heat the oil in a wok (*kadhai*); sauté cumin seeds for a few seconds.
2. Add the ginger and garlic pastes and sauté till well browned.
3. Mix the dry spices in ½ cup water and yoghurt. Add this to the wok and fry well.
4. When the mixture leaves the sides of the pan, add the onions and stir well.
5. Add ½ cup water and cook on low heat till the onions are tender. Serve hot with *missi roti* (see p. 395) or *bajre ki roti* (see p. 396).

Serves: 4



Ker Sangri

A Rajasthani speciality

Ingredients:

<i>Sangri</i> (see p. 9), dried	200 gm / 7 oz
<i>Ker</i> (see p. 9), dried	50 gm / 1¾ oz
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Water	2 cups / 500 ml / 16 fl oz
Vegetable oil	¾ cup / 150 ml / 5 fl oz
Onions, medium-sized, chopped	2
Red chilli powder	2 tsp / 4 gm
Coriander (<i>dhaniya</i>) powder	3 tbsp / 14 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Garlic (<i>lasan</i>) paste	2 tbsp / 36 gm / 1¼ oz

Serves: 4

Method:

1. Soak the *ker* in ½ cup yoghurt and 2 cups water for 10 hours.
2. Wash the *sangri* 2-3 times in running water.
3. Pressure cook the *ker* and *sangri* for 10-15 minutes.
4. Drain out the water and transfer the *ker* and *sangri* to a wok (*kadhai*). Add all the ingredients (except the garlic paste).
5. Cover and cook on low heat for 30-45 minutes or till the oil separates.
6. Add garlic paste and stir till all the water dries.
7. Add ½ cup warm water and bring to the boil. Simmer for another 5 minutes. Serve hot with *bajre ki roti*.

Hare Tamater Ki Subzi

Spicy green tomatoes

Ingredients:

Green tomatoes, cut into big pieces	500 gm / 1.1 lb
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
Green chillies, slit	2-3
Red chilli powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Mango powder (<i>amchur</i>)	½ tsp / 1 gm
Sugar	a pinch
Garlic (<i>lasan</i>) paste	1 tsp / 6 gm

Method:

1. Heat the oil in a wok (*kadhai*). Sauté cumin and fenugreek seeds, when they start spluttering, add tomatoes and green chillies. Fry for 1-2 minutes.
2. Add all the dry spices and sugar. Cook covered for 5-6 minutes, or till the tomato slices lose their shape.
3. Add the garlic paste and stir-fry for 2-3 minutes.
4. Serve hot with *missi roti* (see p. 395) and a glass of *chaach* (see p. 462).

Serves: 2-4



Sarson Ka Saag

Spicy mustard greens

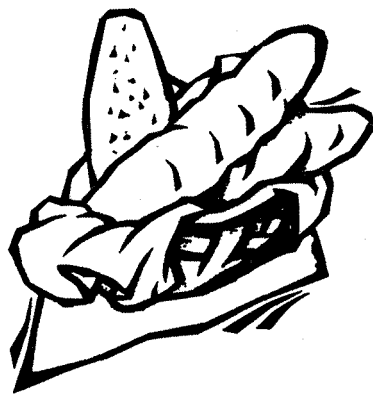
Ingredients:

Mustard greens (<i>sarson</i>), finely chopped	1 kg / 2.2 lb
Spinach (<i>palak</i>), finely chopped	250 gm / 9 oz
Maize flour (<i>makke ka atta</i>), sieved at least 3 times	3 tbsp / 25 gm
Salt to taste	
Ghee	½ cup / 100 gm / 3½ oz
Ginger (<i>adrak</i>), chopped	3 tsp / 18 gm
Garlic (<i>lasan</i>) cloves, chopped	5
Green chillies, finely chopped	3
Dry red chillies (<i>sookhi lal mirch</i>)	3

Serves: 4-6

Method:

1. Boil the mustard greens and spinach in 4 cups water until soft. Drain and blend to make a coarse paste.
2. Heat a pan and add the green paste. Pour in 1 cup water. Cook, stirring and mashing the paste against the sides of the pan. Add the maize flour and salt, cook for at least 45 minutes, adding water as and when required.
3. Heat the ghee in a frying pan; add ginger, garlic, and green chillies. Sauté until they change colour. Add dry red chillies. Fry for another 2 minutes. Pour in the green paste and cook on low heat for 30 minutes.
4. Serve hot with *makke ki roti* (see p. 395).



Accompaniments

Macchi Nu Pulao

Fish rice cooked in coconut milk

Ingredients :

Rice, washed, soaked for 30 minutes	2 cups / 400 gm / 14 oz
Pomfret, fillet, cut into large pieces	1 large
Salt to taste	
Vegetable oil or ghee	5 tbsp / 75 ml / 2½ fl oz
Onions, large, sliced	5
Grind to a paste:	
Cumin (<i>jeera</i>) seeds, roasted	2 tsp / 4 gm
Cinnamon (<i>dalchini</i>), 1" stick	1
Cloves (<i>laung</i>)	2
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Green cardamom (<i>choti elaichi</i>)	5
Garlic (<i>lasan</i>) cloves	7
Dry red chillies (<i>sookhi lal mirch</i>)	7
Coconut (<i>nariyal</i>), grated	2 cups / 200 gm / 7 oz
Salt to taste	
Coconut milk	3 cups / 600 ml / 22 fl oz
Green coriander (<i>hara dhaniya</i>), chopped	1 cup / 25 gm

Method :

1. Marinate the fish with salt for a few minutes.
2. Heat the oil in a wok (*kadhai*); sauté onions till brown. Add the ground paste; sauté for 2 minutes.
3. Wash the marinated fish and then add to the wok.
4. Add rice, coconut milk, and half of the green coriander. Bring the mixture to the boil. Lower heat and simmer until the rice is cooked. If more water is required, use only hot water. Serve hot, garnished with the remaining green coriander.

Serves: 6-8



Cholia Pulao

Horse gram rice

Ingredients :

Rice, Basmati	1 cup / 200 gm / 7 oz
Horse gram (<i>cholia</i>)	1 cup
Vegetable oil	1 tbsp / 15 ml
Ginger (<i>adrak</i>), 1" piece, julienned	1
Cloves (<i>laung</i>)	4
Cinnamon (<i>dalchini</i>), 1" stick	1
Black cardamom (<i>badi elaichi</i>)	2
Bay leaves (<i>tej patta</i>)	2
Water, hot	2 cups / 500 ml / 32 fl oz

Method :

1. Heat the oil in a pan; add ginger, cloves, cinnamon stick, black cardamom, and bay leaves; sauté for 2 minutes.
2. Add horse gram, sauté for 3 minutes and then add rice. Stir-fry for 3-4 minutes.
3. Add water and bring the mixture to the boil. Cover the pan with a heavy lid and cook on low heat for 20 minutes or till the rice is done.
4. Serve hot with any curry or *raita*.

Serves: 4

Yakkhn Pulao

Rice with lamb stew

Ingredients:

Rice, Basmati, soaked for 30 minutes	1 cup / 200 gm / 7 oz
Lamb, cut into big pieces	500 gm / 1.1 lb
Nutmeg (<i>jaiphal</i>)	½
Mace (<i>javitri</i>)	4 blades
Ginger (<i>adrak</i>), 1" piece, chopped	1
Cinnamon (<i>dalchini</i>), 1" stick	1
Cloves (<i>laung</i>)	6
Coriander (<i>dhaniya</i>) seeds	1 tbsp / 6 gm
Ghee	4 tbsp / 60 gm / 2 oz
Onions, finely sliced	2
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Cinnamon, 1" stick	1
Cloves	3
Green cardamom (<i>choti elaichi</i>)	4
Garlic (<i>lasan</i>) paste	½ tsp / 3 gm
Ginger paste	½ tsp / 3 gm
Salt to taste	
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Onion, sliced, fried	1 tbsp / 12 gm
Mint (<i>pudina</i>) leaves	10

Method:

1. In a muslin cloth tie the nutmeg, mace, ginger, cinnamon stick, cloves, and coriander seeds together. This is called bouquet garni.
2. Heat 4 cups water in a wok (*kadhai*); add lamb, salt, and the bouquet garni; cook on low heat till the lamb is tender. Then squeeze the bouquet garni and discard it.
3. Remove the lamb pieces, strain the liquid and keep both aside.
4. Heat the ghee in a thick-bottomed pan; add onion and sauté till brown. Add all the spices, garlic and ginger pastes. Sauté for a few seconds.
5. Add the lamb, salt, and yoghurt; cook till the lamb turns brown.
6. Add the drained rice and mix till the rice is well coated. Pour in the strained liquid, mix well, and cover with a heavy lid. Cook for 15 minutes on *dum* (see p. 520) or bake for 20 minutes in a moderate oven.
7. Garnish with fried onion and mint leaves, and serve hot accompanied with cucumber or mint *raita*. This is a complete meal by itself.

Serves: 6



Vatanano Pulao

Pea pulao garnished with fried onions

Ingredients:

Rice, Basmati, soaked for 1 hour	2½ cups / 500 gm / 1.1 lb
Vegetable oil	2½ tsp / 12 ml
Onion, large, sliced	1
Green cardamom (<i>choti elaichi</i>)	5
Cloves (<i>laung</i>)	7-8
Bay leaf (<i>tej patta</i>)	1
Cinnamon (<i>dalchini</i>), 1" stick	1
Green peas (<i>hara matar</i>), shelled	500 gm / 1.1 lb
Water, hot	4 cups / 1 lt / 32 fl oz
Salt to taste	

Method:

1. Heat the oil in a pan; add onion and fry till golden brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
2. In the same oil, add green cardamom, cloves, bay leaf, and cinnamon stick. Sauté for a few seconds. Add the rice and stir-fry for 4 minutes on medium heat.
3. Add the peas and sauté for another 3 minutes. Add hot water and salt. Cook covered until the rice and peas are tender and all the water has been absorbed.
4. Serve hot garnished with fried onions.

Serves: 5-6

Kanguchhi Pulao

Mushroom pulao

Ingredients:

Rice, washed, soaked in water	1½ cups / 300 gm / 11 oz
Black mushrooms (<i>guchhi</i>)	100 gm / 3½ oz
Ghee	5 tbsp / 75 gm / 2½ oz
Cloves (<i>laung</i>)	6
Black cardamom (<i>badi elaichi</i>), crushed	4
Green cardamom (<i>choti elaichi</i>)	6
Cinnamon (<i>dalchini</i>), 1" sticks	3
Bay leaves (<i>tej patta</i>)	3
Almonds (<i>badaam</i>), blanched	5 tbsp / 75 gm / 2½ oz
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Water	3 cups / 750 ml / 24 fl oz
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Saffron (<i>kesar</i>)	2 pinches
Garam masala	1 tsp / 2 gm

Method:

1. Slit the mushrooms lengthwise and wash well.
2. Heat the ghee in a heavy-bottomed pot; add cloves, black and green cardamom, cinnamon sticks, bay leaves, and almonds. Stir for a few seconds, then add the mushrooms.
3. Add asafoetida and salt; sauté for 1 minute, and then add the rice (drained). Stir gently, add 3 cups water and bring to the boil. Add ginger powder.
4. Mix the saffron in 2 tsp of hot water and crush with a spoon. Add to the rice mixture, cook covered for 15 minutes.
5. When the water is almost absorbed, transfer the pot over an electric hot plate or a griddle (*tawa*) and cook covered on low heat till the rice is done. Sprinkle garam masala before serving.

Serves: 4-6



Ninya Pulao

Lamb pulao

Ingredients:

Rice, washed, soaked, drained	3 cups / 600 gm / 22 oz
Water	8 cups / 2 lt / 64 fl oz
Lamb	750 gm / 26 oz
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Aniseed (<i>saunf</i>) powder	2 tsp / 4 gm
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Ghee	6 tbsp / 90 gm / 3 oz
Cloves (<i>laung</i>)	6
Black cardamom (<i>badi elaichi</i>), crushed	4
Green cardamom (<i>choti elaichi</i>), crushed	6
Cinnamon (<i>dalchini</i>), 1" sticks	3
Bay leaves (<i>tej patta</i>)	3
Almonds (<i>badaam</i>), blanched	½ cup / 60 gm / 2 oz
Saffron (<i>kesar</i>)	2 pinches
Garam masala	1 tsp / 2 gm

Method:

1. Heat 8 cups water. Add the lamb, ginger powder, aniseed powder, asafoetida, and salt. Cook covered on high heat until the lamb is almost done. Separate the lamb from the stock. Put both aside.
2. Heat the ghee in a deep pot; add all the ingredients from cloves to almonds, and the lamb. Sauté for a minute, add rice and sauté further for 1 minute. Add 6 cups of stock (adding water if needed) and stir gently.
3. Mix saffron with a little hot water and grind. Add to the pot, cook covered on high heat until the water is almost absorbed. Place the pot on a griddle (*tawa*), cook covered on low heat, till the rice is done. Sprinkle garam masala and serve.

Serves: 6-8

Bodi Pulao

Black-eyed bean pulao

Ingredients:

Rice, soaked for 1 hour	1¼ cups / 250 gm / 9 oz
Black-eyed beans (<i>lobia</i>)	150 gm / 5 oz
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Onions, medium-sized, thinly sliced	2
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
Garlic (<i>lasan</i>), peeled, ground	1 tsp / 6 gm
Ginger (<i>adrak</i>), scraped, ground	1 tsp / 6 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Cumin (<i>jeera</i>) seeds, ground	1 tsp / 2 gm
Red chilli powder	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) seeds, ground	1 tsp / 2 gm
Tomatoes, chopped	150 gm / 5 oz
Water	4 cups / 1 lt / 32 fl oz
Garam masala	1 tsp / 2 gm
Ghee	2 tbsp / 30 gm / 1 oz
Green cardamom (<i>choti elaichi</i>), whole	2
Cloves (<i>laung</i>)	4

Serves: 2-4

Method:

1. Soak the beans for 4-5 hours or overnight.
2. Heat the oil in a pressure cooker; sauté the onions till brown. Remove and keep aside.
3. Add fenugreek seeds and garlic-ginger paste; sauté for 10 minutes.
4. Add turmeric powder, cumin powder, red chilli powder, coriander powder, and tomatoes. Cook till the oil separates.
5. Add the drained beans and salt and sauté for a while. Add water and pressure cook for 5 minutes. Remove from heat and keep aside. Check whether the beans are cooked or not. If not, cook further for a while.
6. Heat the ghee in a heavy-bottomed pan; add green cardamom and cloves.
7. When they stop crackling, add rice after draining it and sauté for 4-5 minutes, stirring gently so that the rice grains do not break.
8. Add the beans with the water and bring to the boil. Add garam masala powder and half the fried onions. Cook covered on low heat stirring once very gently till the water dries. Then cook the rice covered all the time and keep warm.
9. Just before serving stir once gently and serve with the remaining fried onions.



Matar Pulao

Fresh pea pulao

Ingredients:

Rice, Basmati	2 cups / 400 gm / 14 oz
Green peas (<i>hara matar</i>), boiled	1 cup
Vegetable oil	2 tsp / 10 ml
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Salt to taste	

Serves: 4-5

Method:

1. Clean, wash and soak the rice for 10 minutes.
2. Heat the oil in a heavy-bottomed pan; sauté the cumin seeds till they crackle.
3. Add the boiled peas and salt. Stir-fry for a few minutes and keep aside.
4. Put water to the boil in a big pot and cook the rice. Drain excess water.
5. Gently fold the peas into the rice and serve hot, accompanied by any curry dish.

Chara Pulao

Chicken pulao

Ingredients:

Chicken, medium-sized, cut into 12 pieces	1
Rice, Basmati	2½ cups / 500 gm / 1.1 lb
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Asafoetida (<i>hing</i>)	a pinch
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
Onions, medium-sized, thinly sliced	120 gm / 4 oz
Ginger (<i>adrak</i>), ground	1 tsp / 6 gm
Garlic (<i>lasan</i>) cloves, ground	10
Salt to taste	
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds, ground	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Water	8 cups / 2 lt / 64 fl oz
Ghee	½ cup / 100 gm / 3½ fl oz
Cloves (<i>laung</i>)	6
Green cardamom (<i>choti elaichi</i>)	4
Cinnamon (<i>dalchini</i>), 1" sticks	2
Grind to a fine powder:	
Cloves	½ tsp
Green cardamom seeds	½ tsp
Cinnamon, 1" stick	1
Cumin seeds	1 tsp / 2 gm
Coriander seeds	2 tsp / 4 gm
Nutmeg (<i>jaiphal</i>) powder	½ tsp / 1½ gm
Mace (<i>javitri</i>) powder	½ tsp / 1½ gm
Salt to taste	
Onions, thinly sliced and fried till golden brown	30 gm / 1 oz

Method:

1. Wash the chicken well. Soak the rice in water for 30 minutes.
2. Heat the oil in a pan; add asafoetida and fenugreek seeds. Sauté for a few seconds, then add the onion slices.
3. Mix the chicken with ginger, garlic, salt, turmeric powder, cumin seeds, coriander powder, black pepper powder, and water.
4. Once the onion browns, add the chicken mixture and cook on medium heat till the pieces become tender.
5. Cool and strain the stock. Remove the pieces. Debone and cut into medium-sized pieces. Keep aside.
6. Heat the ghee in a heavy-bottomed utensil. When hot, put in the cloves, green cardamom, and cinnamon sticks. When they start crackling, add the drained rice and sauté for 2-3 minutes or till the rice turns light brown in colour.
7. Add 1 tsp salt, the stock, and water (if required) so that the liquid is 1" above the rice. Cover and cook on high heat till the mixture comes to the boil.
8. Mix in the finely ground spices. Lower heat to medium and cook till the liquid gets absorbed. Check seasoning and alter if required.
9. Once the water dries, stir the rice cautiously to avoid breaking. Press from all sides and keep warm till fully cooked.
10. Stir once more, garnish with fried onions and serve.

Serves: 2-4



Korma Pulao

Aromatic rice layered with lamb

Ingredients:

Rice, Basmati, washed in a number of changes
of water, soaked in enough water to cover
for 30 minutes, drained 2 cups / 400 gm / 14 oz

Lamb, assorted pieces 600 gm / 22 oz

Grind to a paste:

Garlic (*lasan*) paste 1 tbsp / 18 gm

Ginger (*adrak*) paste 1 tbsp / 18 gm

Red chilli powder 1 tsp / 2 gm

Coconut (*nariyal*), grated ½ tbsp / 2 gm

Almonds (*badaam*), blanched, peeled 1 tbsp / 15 gm

Poppy (*khus khus*) seeds ½ tbsp

Sesame (*til*) seeds ½ tbsp

Coriander (*dhaniya*) seeds 1 tsp / 2 gm

Salt to taste

Turmeric (*haldi*) powder ½ tsp / 1 gm

Vegetable oil ½ cup / 100 ml / 3½ fl oz

Onions, sliced ¾ cup / 90 gm / 3 oz

Yoghurt (*dahi*) ½ cup / 100 gm / 3½ oz

Method:

1. Mix the lamb with the ground paste.
2. Heat the oil in a deep pan; add onions and sauté till light brown. Add the lamb and mix well. Reduce heat and add yoghurt. Continue to cook until the yoghurt is absorbed and the lamb is brown in colour. Add just enough water so that very little remains when the lamb is almost tender and the oil rises to the surface. Remove the pan from the heat. Keep aside.
3. Bring 3½ cups water to the boil and then add the drained rice and salt. Stir to mix well. Bring back to the boil; reduce heat, cover and cook until the water is absorbed and the rice is almost done.
4. Grease a deep ovenproof pan. Layer the rice and lamb, beginning and ending with rice. Spread a slightly moist cloth on the rice and cover with a tight-fitting lid. Put the pan in a preheated oven (170°C / 325°F) for 10-15 minutes.

Serves: 4-6



Akha Jeera Chaamp Pulao

Cumin pilaf with mint-flavoured ribs

Ingredients:

Rice, Basmati, washed, soaked in water for 30 minutes, drained	3 cups / 600 gm / 22 oz
Green cardamom (<i>choti elaichi</i>)	5
Cloves (<i>laung</i>)	5
Cinnamon (<i>dalchini</i>), 2" sticks	4
Black peppercorns (<i>sabut kali mirch</i>)	1 tsp / 6 gm
Salt to taste	
Butter / Vegetable oil	1 cup / 200 gm / 7 oz
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Onions, medium-sized, sliced	3
Garam masala	1½ tsp / 3 gm
Make a fine paste with a little water:	
Garlic-ginger (<i>lasan-adrak</i>) paste	4 tsp / 24 gm
Green chillies	12-13 / 36 gm / 1¼ oz
Green coriander (<i>hara dhaniya</i>), fresh	2 tbsp / 8 gm
Mint (<i>pudina</i>) leaves, fresh	1 tbsp / 4 gm

Method:

1. Cook the ribs in 5 cups water with green cardamom, cloves, cinnamon sticks, black peppercorns, and salt till it is tender. Strain the stock into another pan. Keep the ribs aside.
2. Heat the butter / oil in a pan on low heat until the foam subsides. Add cumin seeds and sauté for a few seconds. Increase the heat, add the onions and sauté till golden. Add the garam masala and the fine paste; cook until the water evaporates.
3. Add the cooked ribs and sauté, adding a few tablespoons of water. Add the stock, topping up with warm water to make 5½ cups. Bring to the rapid boil and add the rice. Stir to mix well. Lower heat and cook covered until the rice is cooked and the stock is absorbed.

Serves: 4



Chemeen Pulao

Prawn pilaf

Ingredients:

Rice, Basmati, washed in a number of changes of water, soaked in water to cover for 30 minutes, drained	2½ cups / 500 gm / 17½ fl oz
Prawns, peeled, deveined, washed and pat dried	400 gm / 14 oz
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz
Grind to a paste with ¼ cup water:	
Ginger (<i>adrak</i>), 1" piece, peeled, chopped	1
Green chillies, chopped	6
Garlic (<i>lasan</i>) cloves	8
Cumin (<i>jeera</i>) powder	1½ tsp / 2 gm
Tomatoes, chopped	¾ cup
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Coconut (<i>nariyal</i>), grated	½ cup / 50 gm / 1¾ oz
Coconut milk	½ cup / 100 ml / 3½ fl oz
Salt to taste	
Cloves (<i>laung</i>)	15
Cinnamon (<i>dalchini</i>), 2" sticks	2
Green cardamom (<i>choti elaichi</i>)	5
Salt to taste	
Cashew nuts (<i>kaju</i>), fried until golden brown	1¾ tbsp / 25 gm
Onions, sliced, fried until golden brown	1 cup / 120 gm / 4 oz

Method:

1. Heat the oil in a deep pan; add ginger, green chilli-garlic paste and cumin powder; sauté until the water evaporates. Add the tomatoes and sauté until they soften and darken in colour. Add the yoghurt. Stir to mix well and continue to cook until the yoghurt is absorbed and the oil rises to the surface.
2. Add the coconut and then a few seconds later add coconut milk and salt. Stir to mix well and continue to cook until the gravy thickens. Add the prawns and bring to the boil. Turn off the heat. Pour the prawns with the sauce into an ovenproof pan. Keep aside.
3. Bring 5-6 cups water to a rapid boil. Add cloves, cinnamon sticks, green cardamom, and salt. Add the rice and boil for 6-7 minutes. Drain the rice and spread it on top of the prawns. Spread the cashew nuts and fried onions. Make a few wells in the rice all the way to the bottom to allow the steam to escape.
4. Cover the pan with an aluminium foil and then with a tight-fitting lid. Put the pan in a preheated oven (170°C / 325°F) for 15 minutes. Mix before serving.

Serves: 4



Moplas Pulao

Spicy lamb mince in fragrant rice

Ingredients:

Lamb, minced	750 gm / 27 fl oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Onions, sliced	1 cup / 120 gm / 4 oz

Grind together to make a fine paste:

Fenugreek seeds (<i>methi dana</i>), roasted	2½ tsp / 7½ gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Cumin (<i>jeera</i>) powder	½ tsp / ¾ gm
Black mustard seeds (<i>rai</i>)	¼ tsp
Ginger (<i>adrak</i>) paste	1½ tsp / 9 gm
Garlic (<i>lasan</i>) paste	1½ tsp / 9 gm

Salt to taste

Lemon (<i>nimbu</i>) juice	1½ tsp / 7 ml
Coconut (<i>nariyal</i>), ground to a paste	1 tbsp / 15 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

For the rice:

Rice, Basmati, washed, soaked in cold water for 30 minutes	2¼ cups / 450 gm / 1 lb
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Bay leaves (<i>tej patta</i>)	2
Cloves (<i>laung</i>)	4
Cinnamon (<i>dalchini</i>), 2" sticks	2
Onions, sliced	¼ cup / 30 gm / 1 oz
Salt to taste	

Method:

1. Heat the oil in a wok (*kadhai*); add onions and sauté until golden brown. Add the spice paste and fry until brown. Add the lamb and salt; mix well. Reduce heat and cook until the lamb is brown. Add 1 cup water and cook covered until little gravy remains. Add the lemon juice, coconut paste, and green coriander; mix well.
2. **For the rice**, heat the oil in a large pan; add the bay leaves, cloves, and cinnamon sticks. Sauté until the cloves turn dark brown. Add the onions and sauté until golden brown. Drain and add the rice. Stir to coat the rice with the oil and add 4½ cups water. Bring to the boil, lower heat and cook until the rice is tender and the water is absorbed. Mix the lamb with the rice, cover the pan and cook till steam rises. Remove the pan and keep aside for 10 minutes.

Serves: 4



Mangodi Pulao

Fried rice with green gram dumplings

Ingredients:

Rice, Basmati	3 cups / 600 gm / 22 oz
Mangodi (see p. 9)	1 cup / 200 gm / 7 oz
Vegetable oil	1 cup / 200 ml / 7 fl oz
Green cardamom (<i>choti elaichi</i>)	5
Black cardamom (<i>badi elaichi</i>)	2
Cloves (<i>laung</i>)	5
Cinnamon (<i>dalchini</i>), 1" sticks	2
Bay leaves (<i>tej patta</i>)	2
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Salt to taste	
Water	6 cups / 1½ lt / 48 fl oz
Onion, browned, sliced	1

Serves: 4-6

Method:

1. Soak the rice for 10 minutes.
2. Heat 2 tbsp oil in a wok (*kadhai*); shallow fry the *mangodi* on medium heat for 2-3 minutes. Remove and drain the excess oil on absorbent kitchen towels and keep aside.
3. Heat the remaining oil in a pan; add green cardamom and black cardamom, cloves, cinnamon sticks, bay leaves, and cumin seeds. Sauté on medium heat till the seeds crackle.
4. Add rice (drained) and *mangodi*. Stir gently, add salt and water.
5. Bring to the boil and then lower heat. Cook until the liquid dries, stirring only occasionally, very gently.
6. Garnish with browned onion slices and serve.



Mewa Ka Pulao

Rice cooked with dry fruits

Ingredients:

Rice, Basmati	1½ cups / 300 gm / 11 oz
Ghee	1 cup / 200 gm / 7 oz
Garam masala	2 tsp / 4 gm
Water	2 cups / 500 ml / 16 fl oz
Saffron (<i>kesar</i>)	½ tsp
Warm milk	½ cup / 100 ml / 3½ fl oz
Cashew nuts (<i>kaju</i>), broken, fried	4½ tbsp / 45 gm / 1½ oz
Walnuts (<i>akhrot</i>), fried	4½ tbsp / 45 gm / 1½ oz
Almonds (<i>badaam</i>), fried	4 tbsp / 60 gm / 2 oz
Groundnuts (<i>moongphalli</i>), fried	4½ tbsp / 45 gm / 1½ oz
Pistachios (<i>pista</i>), fried	4 tbsp / 60 gm / 2 oz
Raisins (<i>kishmish</i>), fried	4½ tbsp / 45 gm / 1½ oz
Rose water (<i>gulab jal</i>)	1 tbsp / 15 ml
Onions, fried	½ cup / 60 gm / 2 oz

Method:

1. Soak the rice in sufficient water for 30 minutes. Drain and keep aside.
2. Heat the ghee in a pan; add garam masala. Sauté for a few seconds. Add rice and stir till a pleasing aroma emanates. Add water and boil till ¾th cooked. Drain and keep aside.
3. Soak the saffron in warm milk.
4. In a pot, sprinkle some saffron mixture. Spread a layer of rice and dry fruits, then add the remaining saffron mixture, rose water, and fried onions. Seal the pot with aluminum foil.
5. Cook on very low heat (*dum*) for 30 minutes. Remove and serve hot.

Serves: 4

Kathal Ka Pulao

Jackfruit pulao

Ingredients:

Rice, Basmati	1 cup / 200 gm / 7 oz
Jackfruit (<i>kathal</i>), cleaned, cubed	250 gm / 9 oz
Vegetable oil	1 cup / 200 ml / 7 fl oz
Cloves (<i>laung</i>)	4
Cinnamon (<i>dalchini</i>), 1" stick	1
Bay leaf (<i>tej patta</i>)	1
Black cardamom (<i>badi elaichi</i>)	2
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Onions, chopped	½ cup / 60 gm / 2 oz
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Red chilli powder	½ tsp / 1 gm
White pepper (<i>safed mirch</i>) powder	½ tsp / 1 gm
Salt to taste	
Water	2 cups / 500 ml / 16 fl oz
For the garnishing:	
Cashew nuts (<i>kaju</i>), chopped, fried	½ tbsp / 5 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Cream	2 tbsp / 30 ml / 1 fl oz
Ginger (<i>adrak</i>), julienned	½ tsp / 3 gm
Green chillies, sliced, deseeded	1 tsp
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Mace (<i>javitri</i>) powder	½ tsp / 1 gm
Onion, sliced, fried	1

Method:

1. Clean, wash and soak the rice for 30 minutes.
2. Heat the oil in a wok (*kadhai*) till it starts smoking. Fry jackfruit cubes till light brown in colour. Remove, drain the oil and keep aside.
3. Reheat the same oil in a heavy pan. Add cloves, cinnamon stick, bay leaf, black cardamom, and black cumin seeds; sauté on medium heat until they begin to crackle.
4. Add onions and sauté. Stir in the ginger paste and red chilli powder. Add the fried jackfruit, white pepper powder, and salt. Cook for 3-4 minutes.
5. Stir in water along with drained rice. Bring to the boil, reduce heat and cook till rice is done.
6. Remove the lid and sprinkle cashew nuts, green coriander, cream, ginger, green chillies, lemon juice, mace powder, and onion.
7. Seal the lid with dough, cook on very low heat (*dum*) for 10-15 minutes. Serve hot.

Serves: 4-5



Guchhi Pulao

Morel mushrooms with rice

Ingredients:

Rice, cleaned, drained	1 cup / 200 gm / 7 oz
Morel mushrooms (<i>guchhi</i>), soaked in warm water for ½ hour, drained	50 gm / 1¾ oz
Ghee	1 cup / 200 gm / 7 oz
Cinnamon (<i>dalchini</i>), 1" sticks	2
Cloves (<i>laung</i>)	6
Green cardamom (<i>choti elaichi</i>)	3
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Onions, chopped	½ cup / 60 gm / 2 oz
Salt to taste	
Water	2 cups / 500 ml / 16 fl oz

Method:

1. Heat the ghee in a wok (*kadhai*); add cinnamon sticks, cloves, green cardamom, black cumin seeds, and onions. Sauté till the onions turn light brown. Add the rice and salt. Fry for 3 minutes.
2. Add the mushrooms and water. When the rice mixture comes to the boil, reduce heat and cook covered till the rice is done and the water is absorbed.
3. Serve hot.

Serves: 2-4

Noormehal Pulao

Aromatic rice topped with fried cottage cheese balls

Ingredients:

Rice, Basmati or any long-grained variety	2 cups / 400 gm / 14 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Bay leaf (<i>tej patta</i>)	1
Cinnamon (<i>dalchini</i>), 1" sticks	3
Cloves (<i>laung</i>)	6
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Green cardamom (<i>choti elaichi</i>)	8
Black peppercorns (<i>sabut kali mirch</i>)	10
Onions, finely chopped	½ cup / 60 gm / 2 oz
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Garam masala	2 tsp / 4 gm
Water / Chicken stock	2 cups / 500 ml / 16 fl oz
Salt to taste	
Cottage cheese (<i>paneer</i>), grated	100 gm / 3½ oz
Cream / Milk	4 tbsp / 60 ml / 2 fl oz
Saffron (<i>kesar</i>) strands	a pinch
Spinach (<i>palak</i>) juice, optional	2 tsp / 10 ml
Butter	2 tbsp / 40 gm / 1¼ oz
Mace (<i>javitri</i>) powder	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Serves: 4-5

Method:

1. Wash and soak the rice in water for 30 minutes.
2. Heat the oil in a heavy-bottomed pot; add bay leaf, cinnamon sticks, cloves, black cumin seeds, green cardamom, and black pepper. Sauté on medium heat till the spices begin to crackle.
3. Add onions; stir and cook till soft and golden. Add ginger paste and garam masala; sauté for 30-40 seconds.
4. Add the rice, stir and cook on medium heat for 3-4 minutes. Add water / chicken stock and bring the mixture to the boil. Add salt and lower heat. Cook covered till the rice is done and the liquid has evaporated.
5. Mix the cottage cheese with 2 tsp cream / milk and season with salt. Divide this mixture into three portions. Mix one portion with the saffron dissolved in 2 tsp cream / milk and the second portion with the spinach juice; keep the third portion as it is.
6. Make small balls of 4-5 gm each from these mixtures and fry them in butter. (These balls are called *noormehal*.)
7. Add mace powder to the remaining cream / milk and keep aside.
8. Transfer the pulao to a serving platter. Garnish with the cottage cheese balls, green coriander, and lace with cream / milk mixture. Serve hot.



Dahi Bhat

Yoghurt rice with vegetables

Ingredients:

Rice	1 cup / 200 gm / 7 oz
Mixed vegetables, finely chopped	1 cup
Yoghurt (<i>dahi</i>), hung for 2 hours	1 cup / 200 gm / 7 oz
Salt to taste	
Ghee	1 tbsp / 15 gm
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Curry leaves (<i>kadhi patta</i>)	4-5

Method:

1. Boil the rice, drain the water and keep aside.
2. Boil the vegetables till tender, drain and mix with the boiled rice. Keep aside to cool.
3. Mix yoghurt and salt with the rice mixture.
4. Heat the ghee in a wok (*kadhai*); add mustard seeds and curry leaves; sauté for a few seconds. Add the rice mixture; sauté for 2 minutes and serve warm.

Serves: 4

Cottage Cheese Pulao

Ingredients:

Rice, Basmati	1¾ cups / 350 gm / 12 oz
Cottage cheese (<i>paneer</i>)	90 gm / 3 oz
Salt to taste	
Red chilli powder	½ tsp / 1 gm
Cornflour	2 tsp / 4 gm
Vegetable oil	1 tbsp / 15 ml
Cinnamon (<i>dalchini</i>) powder	2 tsp / 4 gm
Green cardamom (<i>choti elaichi</i>)	4
Black cardamom (<i>badi elaichi</i>)	2
Cloves (<i>laung</i>)	4
Bay leaves (<i>tej patta</i>)	4
Onions, sliced	3 tbsp / 36 gm / 1¼ oz
Ginger-garlic (<i>adrak-lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Water	3 cups / 750 ml / 24 fl oz
Salt	1½ tsp / 6 gm
Butter	½ cup / 100 gm / 3½ oz
Lemon (<i>nimbu</i>)	½
Milk	4 tbsp / 60 ml / 2 fl oz

Serves: 4

Method:

1. Soak the rice in sufficient water for 30 minutes; drain and keep aside.
2. Mash the cottage cheese and add salt, red chilli powder, and cornflour. Mix well and make small balls of the mixture. Heat the oil in a pan and deep-fry the cottage cheese balls to a light golden brown colour. Remove and keep aside.
3. Heat the oil in a pot; add the whole spices and sauté till they crackle. Add onions and stir-fry to a golden brown colour. Add ginger-garlic paste dissolved in water.
4. Stir in water and bring to the boil. Add salt, butter, and juice of half a lemon. Add the rice and cook on medium heat, stirring occasionally.
5. When the water is reduced to the level of the rice, sprinkle milk on top. Cover with a wet cloth and cook on low heat (*dum*) for 15 minutes or until the rice is cooked.
6. Remove from heat and serve hot, garnished with fried cottage cheese balls.



Tamater Pulao

Tomato rice

Ingredients:

Rice, cleaned	2 cups / 400 gm / 14 oz
Ghee	1 tbsp / 15 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Dry red chillies (<i>sookhi lal mirch</i>)	4
Bay leaves (<i>tej patta</i>)	2-3
Onion, sliced	1
Salt	1½ tsp / 6 gm
Ginger (<i>adrak</i>), ground	1 tsp / 6 gm
Garlic (<i>lasan</i>), ground	1 tsp / 6 gm
Tomato paste	1 tbsp / 15 gm
Water	4 cups / 1 lt / 32 fl oz

Method:

1. Heat the ghee in a wok (*kadhai*); add cumin seeds, dry red chillies, and bay leaves. Sauté till light brown.
2. Add onion, salt, ginger, and garlic. Stir for 2-3 minutes.
3. Add rice and mix well. Add tomato paste and sauté for 5 minutes. Now add water.
4. When the rice mixture comes to the boil, reduce heat and cook covered till the rice is done and the water is absorbed.
5. Serve hot.

Serves: 4-6

Kandhari Pulao

Fragrant rice

Ingredients:

Rice, Basmati, soaked for 30 minutes, drained	1½ cups / 300 gm / 11 oz
Ghee	1 cup / 200 gm / 7 oz
Garam masala, whole	10 gm
Water	2 cups / 500 ml / 16 fl oz
Saffron (<i>kesar</i>), soaked in ½ cup warm milk	a few strands
Cashew nuts (<i>kaju</i>), broken, fried	½ cup / 60 gm / 2 oz
Walnuts (<i>akhrot</i>), fried	½ cup / 60 gm / 2 oz
Almonds (<i>badaam</i>), fried	½ cup / 60 gm / 2 oz
Groundnuts (<i>moongphalli</i>), fried	½ cup / 100 gm / 3½ oz
Pistachios (<i>pista</i>), fried	½ cup / 60 gm / 2 oz
Raisins (<i>kishmish</i>), fried	6 tbsp / 60 gm / 2 oz
Rose water (<i>gulab jal</i>)	1 tbsp / 15 ml
Onions, fried	1 cup / 120 gm / 4 oz

Method:

1. Heat the ghee in a pan; add whole garam masala. Sauté till they crackle. Add rice and fry till a pleasing smell emanates. Add water and boil till the rice is ¾th done. Drain.
2. Mix all the dry fruits together.
3. In a pot, sprinkle some saffron mixture, spread a layer of rice and dry fruits, then the remaining saffron mixture, rose water, and fried onions. Seal the pot with aluminium foil.
4. Cook on very low heat for 30 minutes. Remove from heat and serve hot.

Serves: 4



Chenna Pulao

Soft cottage cheese pilaf – Bengali style

Ingredients:

Rice, Basmati	1¼ cups / 250 gm / 9 oz
Soft cottage cheese (<i>chenna</i>)	¼ cup / 50 gm / 1¾ oz
Ghee	2 tbsp / 30 gm / 1 oz
Cloves (<i>laung</i>)	2
Green cardamom (<i>choti elaichi</i>)	2
Cinnamon (<i>dalchini</i>), 1" stick	1
Bay leaf (<i>tej patta</i>)	1
Saffron (<i>kesar</i>), soaked in 2 tsp milk	a pinch
Salt to taste	
Water, hot	2 cups / 500 ml / 16 fl oz

Method:

1. Clean, wash and soak the rice in water for 2 hours. Drain the water; spread out the rice and leave to dry.
2. Heat the ghee in a pan; add cloves, green cardamom, cinnamon stick, bay leaf, and soft cottage cheese.
3. Cook till the cottage cheese is slightly golden brown in colour.
4. Add the rice, saffron-milk, salt, and water. Cover and cook on medium heat, till the rice is done and the water gets absorbed. Serve hot.

Serves: 4

Broccoli Aur Gajar Ka Pulao

Broccoli and carrot pulao

Ingredients:

Rice, Basmati, soaked for 10 minutes	2 cups / 400 gm / 14 oz
Broccoli, cut into small florets	150 gm / 5 oz
Carrots (<i>gajar</i>), diced, parboiled	100 gm / 3½ oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Cumin (<i>jeera</i>) seeds	1½ tsp / 3 gm
Bay leaf (<i>tej patta</i>)	1
Cloves (<i>laung</i>)	3
Black peppercorns (<i>sabut kali mirch</i>)	1 tsp / 2 gm
Salt to taste	
Water	6 cups / 1½ lt / 48 fl oz

Method:

1. Heat the oil in a heavy-bottomed pan; add cumin seeds, bay leaf, cloves, and black peppercorns. When they start crackling, add carrots, broccoli, and salt. Stir-fry for 3-4 minutes.
2. Remove and discard the whole spices and keep the vegetables aside.
3. In a separate pot, bring the water to the boil, add rice and cook until done. Drain the excess water.
4. Gently mix the cooked vegetables with the rice and serve hot with any curry dish.

Serves: 4



Marwari Gatta Pulao

Steamed gram flour rolls in rice

Ingredients:

For the *gatta* (steamed gram flour rolls):

Bengal gram flour (<i>besan</i>)	1 cup / 100 gm / 3½ oz
Soda bicarbonate	¼ tsp
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Red chilli powder	2 tsp / 4 gm
Garam masala	1 tsp / 2 gm
Salt to taste	
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Yoghurt (<i>dahi</i>)	2 tsp
Vegetable oil for frying	
Water for boiling the <i>gatta</i>	4 cups / 1 lt / 32 fl oz

For the rice:

Rice, Basmati, washed in a number of changes of water, soaked in water to cover for 30 minutes, drained	1½ cups / 300 gm / 11 oz
Ghee	3 tbsp / 45 gm / 1½ oz
Cloves (<i>laung</i>)	4
Cinnamon (<i>dalchini</i>), 1" stick	1
Green cardamom (<i>choti elaichi</i>)	4
Turmeric (<i>haldi</i>) powder	5 tsp / 10 gm
Salt to taste	

For the garnishing:

Raisins (<i>kishmish</i>), fried	1 tbsp / 10 gm
Cashew nuts (<i>kaju</i>), fried	10

Method:

1. **For the *gatta***, mix the first 6 ingredients well; add the oil and rub with fingers until well incorporated. Add a little water and knead into a stiff dough. Divide the dough into three equal portions. Make each portion into a ½" thick x 4" -long roll.
2. Boil the *gatta* rolls in a large pan of water on high heat, uncovered, for 10-12 minutes. Remove, drain and cool. Cut each roll into ½"-long pieces and deep-fry the *gatta* until light brown.
3. **For the rice**, heat the ghee in a pan; add the whole spices and sauté until the cardamom changes colour. Add the drained rice and stir to coat the grains with the ghee. Add turmeric powder, salt, and 3 cups water. Bring to the boil. Lower heat, cover and cook until the rice is half done. Add the fried *gatta* and continue to cook until the rice is done.
4. Garnish with raisins and cashew nuts.

Serves: 4

Gobhi Matar Ke Chawal

Cauliflower and pea pilaf

Ingredients:

Rice, Basmati, soaked for 30 minutes, drained	¾ cup / 150 gm / 5 oz
Cauliflower (<i>phool gobhi</i>), cut into florets	15
Green peas (<i>hara matar</i>)	100 gm / 3½ oz
Ghee	2 tbsp / 30 gm / 1 oz
Bay leaves (<i>tej patta</i>)	2
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	¼ tsp
Salt to taste	
Garam masala	¼ tsp
Water, hot	1½ cups / 375 ml / 12¼ oz

Serves: 4

Method:

1. Heat the ghee in a pressure cooker; add bay leaves, cumin seeds, turmeric powder, rice, and salt; sauté for 2-3 minutes.
2. Add garam masala and hot water; mix well and bring to the boil. Add the vegetables and close the pressure cooker.
3. After 2 whistles release the pressure and transfer the pulao onto a serving platter.
4. Serve hot.

Variation: If onion is used, sauté the finely chopped onion, before adding the rice; do not use turmeric powder for a brown vegetable pilaf. Any other vegetable pilaf can be prepared in the same way.



Peela Bhat

Yellow rice

Ingredients:

Rice, Basmati, washed, soaked for 45 minutes, drained	1½ cups / 300 gm / 11 oz
Water	2 cups / 500 ml / 16 fl oz
Ghee	1½ tbsp / 22 gm
Cloves (<i>laung</i>)	5
Cinnamon (<i>dalchini</i>), 1½" stick	1
Turmeric (<i>haldi</i>) powder	¾ tsp / 1½ gm
Salt to taste	

Method:

1. Bring the water to the boil.
2. Meanwhile, heat the ghee in a pressure cooker; add cloves and cinnamon stick. Once they crackle, add the rice. Sauté for a few seconds, add boiling water, turmeric powder, and salt.
3. Pressure cook on high heat till 2 whistles.
4. Remove the rice once the pressure subsides.
5. Serve hot accompanied with *kadhi*.

Serves: 4

Kanegach Yakkhn Pulao

Mushrooms in rice cooked the Kashmiri way

Ingredients:

Rice, Basmati, washed in a number of changes of water, soaked in enough water to cover for 30 minutes, drained	1½ cups / 300 gm / 11 oz
Mushrooms (<i>guchhi</i>), cut into 4 pieces each, washed	1 kg / 2.2 lb
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onion paste	¼ cup / 75 gm / 2½ oz
Green cardamom (<i>choti elaichi</i>)	10
Black cardamom (<i>badi elaichi</i>)	4
Cloves (<i>laung</i>)	10
Cinnamon (<i>dalchini</i>), 1" stick	4
Salt to taste	
Garlic (<i>lasan</i>), ground	1 tsp / 6 gm
Cooked yoghurt (see p. 11)	1 cup / 200 gm / 7 oz
Ginger powder (<i>sonth</i>)	1½ tsp / 3 gm
Coriander (<i>dhaniya</i>) powder	1½ tsp / 2 gm
Black cumin (<i>shahi jeera</i>) seeds	¼ tsp
Black pepper (<i>kali mirch</i>) powder	¼ tsp
Dry mint (<i>pudina</i>) leaves	¼ tsp

Method:

1. Boil the mushrooms in water for 5-7 minutes. Drain, wash in cold water and drain again.
2. Put the washed mushrooms in a pan and add the oil, onion paste, green and black cardamom, cloves, cinnamon sticks, salt, and garlic. Put the pan on heat and mix well. Stir and cook until the mushrooms are light brown in colour.
3. Add the cooked yoghurt and continue to cook until the oil separates. Add 3 cups water, dry ginger, and coriander powder. Stir to mix well. Add the drained rice. Stir. Bring to the boil, reduce heat and simmer until the rice is done.
4. Garnish with black cumin seeds, black pepper powder, and dry mint leaves.

Serves: 4



Rangila Pulao

Tri-coloured rice

Ingredients:

Rice, Basmati, washed, soaked in cold water for 30 minutes, drained	2 cups / 400 gm / 14 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onions, finely sliced	¾ cup / 90 gm / 3 oz
Cinnamon (<i>dalchini</i>), 2" sticks	2
Cloves (<i>laung</i>)	4
Green cardamom (<i>choti elaichi</i>)	4
Salt to taste	
Red and green food colouring	a few drops
Carrot (<i>gajar</i>), sliced	1
Tomato, sliced	1

Method:

1. Heat the oil in a pan; add onions, cinnamon sticks, cloves, and green cardamom. Sauté until the onions are golden brown.
2. Add the drained rice and stir carefully coating the rice grains with the oil.
3. Add 4 cups hot water and the salt. Stir well and bring to the boil. Reduce heat to low, cover the pan and cook until the water is absorbed and the rice is tender and fluffy.
4. Remove the pan from the heat and take ½ cup of cooked rice and mix with bright red colour and mix another ½ cup of rice with some bright green colour. Arrange the rice in three different colours and garnish with tomato and carrot.

Serves: 4

Parsi Dhansak Pulao

Fragrant rice cooked in Parsi style

Ingredients:

Rice, Basmati,, washed in a number of changes of water, soaked in enough water to cover for 30 minutes, drained	1½ cups / 300 gm / 11 oz
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Cinnamon (<i>dalchini</i>), 1" sticks	2
Cloves (<i>laung</i>)	6
Green cardamom (<i>choti elaichi</i>)	3
Black peppercorns (<i>sabut kali mirch</i>)	8
Onions, sliced	1 cup / 120 gm / 4 oz
Sugar	2 tbsp / 40 gm
Salt to taste	

Serves: 4

Method:

1. Heat the oil in a pan; add cinnamon sticks, cloves, green cardamom, and black peppercorns. Sauté until the green cardamom changes colour. Add the onions and sauté until light brown. Add the drained rice and stir carefully for 3 minutes.
2. Dissolve the sugar in a pan on very low heat until it is golden. Remove the pan from the heat and add ½ cup water; stir to mix well. Return the pan to the heat and bring back to the boil.
3. Add the sugar water, 2½ cups water, and salt. Bring to the boil and then reduce heat and cook covered until the rice is done and the water is absorbed completely.



Kullum

Cabbage rice

Ingredients:

Rice, Basmati, washed, soaked for 30 minutes, drained	1¼ cups / 250 gm / 9 oz
Cabbage (<i>bandh gobhi</i>), finely shredded	2 cups
Salt	1 tbsp
Vegetable oil	5 tbsp / 75 ml / 2½ oz
Onions, sliced	¾ cup / 90 gm / 3 oz
Black mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Curry leaves (<i>kadhi patta</i>)	12
Green chillies, chopped	3
Garam masala	1½ tsp / 3 gm
Salt to taste	

Serves: 4

Method:

1. Bring 3½ cups water to the boil. Add rice and salt; mix well. Bring back to the boil and reduce heat to medium. Cover and cook until the rice is tender and fluffy. Drain the excess water and keep the rice aside in a warm place.
2. Heat the oil in a deep pan; add onions and sauté until golden brown. Remove the onions with a slotted spoon and drain on absorbent paper towels.
3. In the same oil, add black mustard seeds, curry leaves, and green chillies. Sauté until the seeds pop. Add garam masala and stir. Add the cabbage leaves. Sauté for 2 minutes. Add ¼ cup water and salt to taste. Reduce heat, cover and cook until the water has evaporated. Remove from heat and keep aside.
4. To assemble, place the fried onions on the base of a large saucepan. Spread a layer of cooked rice and then the cabbage ending with the remaining rice. Cover the pan with a tight lid and cook on very low heat for 10 minutes. Mix carefully and serve.

Pudina Aur Dhaniya Chawal

Mint and coriander-flavoured rice

Ingredients :

Rice, Basmati, washed, soaked in water for 30 minutes, drained	2 cups / 400 gm / 14 oz
Saffron (<i>kesar</i>)	½ tsp / ½ gm
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Cinnamon (<i>dalchini</i>), 2" stick	1
Cloves (<i>laung</i>)	4
Ginger (<i>adrak</i>), minced	2 tsp / 12 gm
Yoghurt (<i>dahi</i>), whisked	1½ cups / 300 gm / 11 oz
Onion, large, finely chopped	1
Green coriander (<i>hara dhaniya</i>), finely chopped	3 tbsp / 12 gm
Mint (<i>pudina</i>) leaves, finely chopped	1 tbsp / 4 gm
White pepper (<i>safed mirch</i>) powder	2 tsp / 4 gm
Salt to taste	

Method :

1. Put the drained rice in a pan and add water to just about cover it. Add saffron and boil for 10 minutes. Remove from heat and drain all the excess water. Keep aside.
2. Heat the ghee / oil in a wok (*kadhai*); add cinnamon stick and cloves. Sauté until they crackle. Add ginger and stir. Add the drained rice and stir until it is well coated with the oil. Add the yoghurt, onion, green coriander, mint leaves, white pepper powder, and salt. Cook, covered, on very low heat until the rice is cooked and the yoghurt is absorbed.

Serves: 4



Narangi Ni Chawal

Orange rice

Ingredients :

Rice, washed, soaked in water for 20 minutes, drained	1¼ cups / 250 gm / 9 oz
Oranges (<i>narangi</i>), cut in half	2
Saffron (<i>kesar</i>), pounded, mixed with ¼ cup hot milk	¼ tsp
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onions, sliced	1 cup / 120 gm / 4 oz
Cloves (<i>laung</i>)	6
Bay leaves (<i>tej patta</i>)	2
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Grated rind and juice of lemon (<i>nimbu</i>)	1

Method :

1. Squeeze and collect the juice of the oranges. Remove the pulp and discard. Boil the skins in water for 5 minutes. Remove and cool. When cool remove the white pith and shred the skins finely. Keep aside.
2. Bring 3 lt water to the boil. Add 3 tsp salt. Add drained rice and bring back to the boil. Reduce heat and boil for a further 5-6 minutes, until the rice is ¾th cooked. Drain the rice and mix half of it with the saffron milk.
3. Heat oil in a pan; add onions, cloves, and bay leaves. Sauté until onions are golden brown. Remove with a slotted spoon and drain the excess oil on paper towels.
4. Now in a large saucepan first add the oil then the plain rice. Sprinkle lemon rind and half of the fried onions and spices. Add ½ tsp salt and then saffron rice. Add shredded orange peel and the remaining onions.
5. Make a few holes down through the rice and sprinkle the lemon and orange juice and another ½ tsp of salt.
6. Cover the rice with a moist paper towel and a tight lid. Cook on very low heat for 10 minutes. Mix carefully.

Serves: 4

Tud-Tud Bhata

Kashmiri fried rice

Ingredients:

Cooked rice	3 cups
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Cloves (<i>laung</i>)	3
Red chilli powder	½ tsp / 1 gm
Water	3 tbsp / 45 ml / 1½ fl oz
Salt to taste	
Ginger powder (<i>sonth</i>)	½ tsp / 1 gm
Eggs (optional)	4

Method:

1. Heat the oil in a deep pan; add cumin seeds and cloves; sauté for a few seconds.
2. Mix red chilli powder in a few spoons of water and add to the pan. Stir, and then quickly add the cooked rice.
3. Mix well and cook on low heat. Mix in salt and ginger powder. When the rice is heated through, transfer to a serving dish.
4. Fry the eggs and then garnish the rice with them.

Serves: 4



Ghee Bhat

Rice with ghee

Ingredients:

Rice, Basmati	1 cup / 200 gm / 7 oz
Ghee	¾ tbsp / 50 gm / 1¾ oz
Cloves (<i>laung</i>)	2
Cinnamon (<i>dalchini</i>), 1" stick	1
Bay leaf (<i>tej patta</i>)	1
Black peppercorns (<i>sabut kali mirch</i>)	5
Water	2 cups / 500 ml / 16 fl oz
Salt	1 tsp / 4 gm

Method:

1. Clean, wash and soak the rice for 2 hours. Drain the water and keep aside.
2. Heat the ghee in a pan; sauté cloves, cinnamon stick, bay leaf, and black peppercorns for a few seconds.
3. Add the rice and sauté for 1 minute. Immediately add water and salt.
4. Cook until the rice is done and the water gets absorbed. Serve hot.

Serves: 4

Bhuteko Bhat

Nepalese fried rice

Ingredients:

Rice	1¼ cups / 250 gm / 9 oz
Split black gram (<i>dhuli urad dal</i>)	½ cup / 75 gm / 2½ oz
Ginger (<i>adrak</i>), scraped, sliced	2 tsp / 12 gm
Salt to taste	
Ghee	4 tsp / 20 gm
Asafoetida (<i>hing</i>)	a pinch
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Dry red chillies (<i>sookhi lal mirch</i>), halved	2-3
Garlic (<i>lasan</i>), peeled, chopped	1 tsp / 3 gm
Onions, peeled, thinly sliced	2

Serves: 2-4

Method:

1. Boil the rice, taking care that the grains remain separated.
2. Boil the split black gram with ginger and salt in 1½ cups water in an iron utensil till the mixture dries, but is not overcooked.
3. Heat the ghee in a heavy-bottomed pan; add asafoetida, cumin seeds, and dry red chillies. Sauté on low heat till brown.
4. Add garlic. When it becomes light brown, add onions and sauté till brown.
5. Add the rice and split black gram. Cook on low heat till the liquid gets absorbed. Serve hot, accompanied by yoghurt.



Nimbu Bhat

Lemon rice

Ingredients:

Rice, Basmati	½ cup / 100 gm / 3½ oz
Water	2 cups / 500 / 16 fl oz
Salt	1 tsp / 4 gm
Vegetable oil / Ghee	3 tbsp / 45 ml / 1¼ fl oz
Cashew nuts (<i>kaju</i>), chopped	½ cup / 60 gm / 2 oz
Black gram, split (<i>dhuli urad dal</i>)	½ tbsp
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Dry red chillies (<i>sookhi lal mirch</i>)	2-3
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Lemon (<i>nimbu</i>) juice	6 tbsp / 90 ml / 3 fl oz
Green coriander (<i>hara dhaniya</i>), coarsely chopped	3 tbsp / 12 gm
Coconut (<i>nariyal</i>), fresh, shredded	5 tsp / 25 gm

Serves: 4

Method:

1. Wash and soak the rice in water for 10 minutes. Drain and keep aside.
2. Boil water in a heavy-bottomed pan. Stir in rice, salt, and ½ tbsp oil. Cover tightly, reduce heat and simmer without stirring until the rice is fluffy and tender and the water is fully absorbed. Keep aside.
3. Heat the remaining oil in a small pan. Stir-fry the cashew nuts until golden brown. Spoon cashew nuts over the cooked rice and replace cover.
4. Raise the heat slightly. Sauté the split black gram and mustard seeds. Add dry red chillies and remove from heat.
5. Gently fold in the sautéed mixture along with turmeric powder, lemon juice, green coriander, and coconut.
6. Serve hot, with plain yoghurt.

Til Aur Kadhi Patta Bhat

Rice seasoned with sesame seeds

Ingredients :

Rice, Basmati, cleaned, soaked in water for 1 hour, drained	2 cups / 400 gm / 14 oz
Water	3 cups / 750 ml / 24 fl oz
Salt	2 tsp / 8 gm
Sesame (<i>til</i>) oil	3 tbsp / 45 ml / 1½ fl oz
Curry leaves (<i>kadhi patta</i>)	18
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Sesame seeds	¼ cup
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz

Serves: 4

Method :

1. Put the drained rice, water, and salt in a heavy pan. Bring to the boil. Reduce heat, cover the pan with a lid and cook until the rice is cooked and the water is absorbed. Keep warm and put aside.
2. Heat the sesame oil in a saucepan; add curry leaves, mustard seeds, and cumin seeds. Sauté until the leaves change colour and the mustard and cumin seeds crackle. Reduce heat and add sesame seeds; sauté until they are evenly golden brown.
3. Add this seasoning with the lemon juice to the cooked rice. Mix well, taking care that the rice grains do not break.



Tamater Palak Bhat

Tomato and spinach rice

Ingredients :

Rice, Basmati, washed, soaked in enough water to cover for 30 minutes, drained	2 cups / 400 gm / 14 oz
Vegetable oil	¼ cup / 50 ml / 1¾ fl oz
Onions, thinly sliced	¼ cup / 30 gm / 1 oz
Tomatoes, finely chopped	1 cup
Spinach (<i>palak</i>), washed, finely chopped. Cook in ½ cup water until tender and no water remains	275 gm / 10 oz
Turmeric (<i>haldi</i>) powder	¼ tsp
Coriander (<i>dhaniya</i>) seeds, roasted, powdered	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds, roasted, powdered	1 tsp / 2 gm
Salt to taste	

Method :

1. Heat the oil in a heavy-bottomed pan; add onions and sauté until brown. Add the drained rice and stir carefully to coat the rice grain with the oil.
2. Add the tomatoes, cooked spinach, turmeric powder, coriander powder, cumin powder, and salt. Stir carefully to mix well and heat through.
3. Add 3 cups water and bring to the boil. Cover the pan with a tight lid and reduce heat to very low. Continue to cook for 20-23 minutes. Remove cover and stir the rice gently. Continue to cook for another 7-10 minutes on very low heat. Remove and serve.

Serves: 4

Maharashtrian Masala Bhat

Spicy Maharashtrian rice

Ingredients:

Rice, Basmati, washed in a number of changes of water, soaked in enough water to cover for

10 minutes, drained	1½ cups / 300 gm / 11 oz
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz
Black mustard seeds (<i>rai</i>)	¾ tsp
Green chillies, slit	5
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Gherkins (<i>tindli</i>), small sized, cut into 4 slices each	8-10
Green peas (<i>hara matar</i>), shelled	¾ cup

Dry roast and grind to a fine powder:

Coriander (<i>dhaniya</i>) seeds	1 tsp / 2 gm
Cinnamon (<i>dalchini</i>), 1" stick	1
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Black cumin (<i>shahi jeera</i>) seeds	½ tsp / 1 gm
Sesame (<i>til</i>) seeds	1 tsp / 3 gm

Garam masala	1 tsp / 2 gm
Red chilli powder	1½ tsp / 3 gm
Lemon (<i>nimbu</i>) juice	1½ tsp / 7 ml
Salt to taste	

For the garnishing:

Cashew nuts (<i>kaju</i>), lightly fried	10
Raisins (<i>kishmish</i>), sliced	2 tbsp / 20 gm
Coconut (<i>nariyal</i>), cut into slices	8-10

Method:

1. Heat the oil in a pan; add mustard seeds. When they splutter, add green chillies and turmeric powder; stir and add gherkins and green peas. Lower heat and continue to cook for 2 minutes. Add the drained rice and mix carefully to coat the grain with the oil, and continue to fry until all the water has evaporated.
2. Add the roasted powder, garam masala, and red chilli powder. Stir to mix well. Add 3 cups water, lemon juice, and salt. Increase heat and bring to the boil. Reduce heat and cook covered until the water is absorbed and the rice is done.
3. Garnish with cashew nuts, raisins and coconut.

Serves: 4



Thayir Saadham

Yoghurt rice

Ingredients:

Rice, soaked for
8 minutes 1½ cups / 300 gm / 11 oz

For the tempering:

Vegetable oil 2 tbsp / 30 ml / 1 fl oz
Mustard seeds (*rai*) 1 tsp / 3 gm
Asafoetida (*hing*) a pinch
Curry leaves (*kadhi patta*) 10
Green chillies, chopped 2 tsp
Ginger (*adrak*), chopped 2 tsp / 12 gm

Yoghurt (*dahi*) 3 cups / 600 gm / 22 oz
Salt to taste

Method:

1. Boil 3 cups water in a pot. Add the rice and cook till done. Drain and keep aside.
2. **For the tempering**, heat the oil in a pan; add mustard seeds, asafoetida, curry leaves, green chillies, and ginger. Sauté for 2 minutes. Keep aside.
3. Take a big bowl; mix the rice, yoghurt, and salt.
4. Pour the tempering over the rice mixture and mix.
5. Serve with pickle.

Serves: 2-4



Thengai Saadham

Coconut rice

Ingredients:

Rice, washed 2¼ cups / 450 gm / 1 lb

For the tempering:

Coconut (*nariyal*) oil 1 tbsp / 15 ml
Mustard seeds (*rai*) ½ tsp / 1½ gm
Bengal gram (*chana dal*) ½ tsp
Black gram, split (*dhuli urad dal*) ½ tsp
Cumin (*jeera*) seeds ¼ tsp
Asafoetida (*hing*) a pinch
Curry leaves (*kadhi patta*) a few
Sesame seeds (*til*), roasted, powdered 1 tbsp / 5 gm
Coconut (*nariyal*), grated 3 tbsp / 12 gm
Green chillies, chopped 1 tsp / 5 gm
Ginger (*adrak*), chopped 1 tsp / 6 gm
Salt to taste

Cashew nuts (*kaju*), fried 12

Method:

1. Boil 4½ cups water in a pot. Add the rice and cook till done. Drain and keep aside.
2. **For the tempering**, heat the coconut oil in a wok (*kadhai*); add mustard seeds and when they start spluttering, add Bengal gram, split black gram, and cumin seeds. Fry for 2-3 seconds.
3. Add the remaining ingredients (keep 1 tbsp of coconut aside for garnishing) and cook for a few minutes.
4. In a bowl, mix the rice with the above mixture.
5. Serve hot, garnished with grated coconut.

Serves: 3-4

Kadugu Saadham

Mustard rice

Ingredients:

Rice, washed	2¼ cups / 450 gm / 1 lb
Grind to a paste:	
Mustard seeds (<i>rai</i>)	2 tbsp
Green chillies, chopped	8
Onion, medium-sized	½
Coconut (<i>nariyal</i>), piece	3 tbsp / 12 gm
Ginger (<i>adrak</i>)	1 tsp / 6 gm
Garlic (<i>lasan</i>)	½ tsp / 3 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Tamarind (<i>imli</i>), extract	2 tbsp / 12 gm
For the tempering:	
Coconut oil	2 tbsp / 30 ml / 1 fl oz
Mustard seeds	½ tsp / 1½ gm
Black gram, split (<i>dhuli urad dal</i>)	1 tsp / 5 gm
Bengal gram (<i>chana dal</i>)	1 tsp / 5 gm
Dry red chillies (<i>sookhi lal mirch</i>)	8
Curry leaves (<i>kadhi patta</i>)	a few
Salt to taste	

Method:

1. Cook the rice in 4½ cups salted water. Drain and add the ground mustard seed paste. Mix well.
2. **For the tempering**, heat the coconut oil in a wok (*kadhai*); add the mustard seeds. When they start spluttering, add split black gram, Bengal gram, and dry red chillies. Fry till light golden brown. Add curry leaves and salt.
3. In a big bowl, mix the rice and the tempering with a flat spoon. Serve hot.

Serves: 3-4



Brown Chawal

Brown cinnamon rice

Ingredients:

Rice, Basmati, washed, soaked for 30 minutes	2 cups / 400 gm / 14 oz
Vegetable oil	1 tbsp / 15 ml
Cinnamon (<i>dalchini</i>), 1" stick	1
Sugar	2 tbsp / 40 gm / 1¼ oz
Water	4 cups / 1 lt / 32 fl oz
Salt	1 tsp / 4 gm
Onions, sliced, fried	2

Method:

1. Heat the oil in a heavy-bottomed pan; add the cinnamon stick and sugar. Stir continuously, on low heat, till the sugar caramalizes (ensuring that the sugar does not burn).
2. Add water and salt. Bring the mixture to the boil. Now add the rice and cook covered, on low heat, for about 20 minutes. Serve hot garnished with fried onions.

Serves: 2-4

Pootu

Steamed rice flour and coconut mixture

Ingredients:

Rice flour	2 cups / 230 gm / 8 oz
Salt to taste	
Water	4 tbsp / 60 ml / 2 fl oz
Coconut (<i>nariyal</i>), grated	¼ cup / 25 gm

Method:

1. Mix the salt with the flour. Sprinkle some water and mix lightly with the fingers to form a slightly damp and powdery mixture, but not lumpy.
2. In a *pootu* maker, put a layer of coconut and then the rice powder. Do this alternately with coconut on the top layer.
3. Attach the *pootu* maker with its perforated lid to a pressure cooker (without the whistle) half filled with boiling water; increase heat so that the steam rushes through the *pootu* maker and comes out of the perforated lid, cooking the *pootu* in the process.
4. Open the lid and push the *pootu* out with a rod onto a plate.
5. Repeat the process with the rest of the rice powder.

Serves: 3



Bazabata

Kashmiri mixed vegetable rice

Ingredients:

Rice	1½ cups / 300 gm / 11 oz
Ghee	4 tbsp / 60 gm / 2 oz
Cloves (<i>laung</i>)	4
Black cardamom (<i>badi elaichi</i>), crushed	2
Cauliflower (<i>phool gobhi</i>), cut into florets	500 gm / 1.1 lb
Potatoes, peeled, cut into 4 pieces	250 gm / 9 oz
Green peas (<i>hara matar</i>), shelled	250 gm / 9 oz
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Water	4 cups / 1 lt / 32 fl oz
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm
Green chillies, slit	2
Ginger (<i>adrak</i>), fresh, ½" piece, julienned	1

Method:

1. Pick, clean and wash the rice. Keep aside.
2. Heat the ghee in a heavy-bottomed pot; add cloves and black cardamom, stir. Add the vegetables, asafoetida, salt, and turmeric powder. Stir for 1 minute.
3. Add rice and mix well. Add water, ginger powder, green chillies, and ginger. Cover and cook for 20 minutes, stirring occasionally.
4. When the water is almost absorbed, transfer the pot on a electric hot plate or a griddle. Cook covered, on low heat, for 5-7 minutes. Serve with yoghurt, pickle or chutney.

Serves: 2-4

Fada Ni Khichdi

Green gram and broken wheat with vegetables

Ingredients :

Split green gram (<i>dhuli moong dal</i>), washed, soaked for 15 minutes	1 cup / 200 gm / 7 oz
Broken wheat (<i>dalia</i>), washed, soaked for 15 minutes	$\frac{3}{4}$ cup
For the tempering:	
Ghee	3 tbsp / 45 gm / 1½ oz
Cinnamon (<i>dalchini</i>), 1" stick	1
Cloves (<i>laung</i>)	3
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	$\frac{1}{4}$ tsp / 1 gm
Green peas (<i>hara matar</i>)	1 cup
Potatoes, diced	1 cup
Cauliflower (<i>phool gobhi</i>), florets	1 cup
Onions, diced	1 cup
Green chilli-ginger (<i>adrak</i>) paste	1 tbsp / 15 gm
Black peppercorns (<i>sabut kali mirch</i>)	$\frac{1}{2}$ tsp
Red chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	$\frac{1}{2}$ tsp / 1 gm
Salt to taste	
Water, hot	2 cups / 500 ml / 16 fl oz

Method :

1. For the tempering, heat the ghee in a pressure cooker; add cinnamon stick, cloves, cumin seeds, and asafoetida. Sauté for 30 seconds.
2. Add green peas, potatoes, cauliflower, onions, and green chilli-ginger paste. Sauté for a few minutes, or till the vegetables are a little tender.
3. Add the drained split green gram and broken wheat, black peppercorns, red chilli powder, turmeric powder, and salt. Stir-fry for 4-5 minutes.
4. Add hot water and pressure cook for 3-4 whistles.
5. Allow the steam to escape, then open the pressure cooker carefully.
6. Stir vigorously, adding a little more hot water, if required, so that the split green gram and the broken wheat mix well. Adjust seasoning, if required.
7. Serve hot.

Serves: 4-5



Makke Ni Khichdi

An interesting preparation made with corn

Ingredients :

Corn (<i>bhutta</i>) corbs, tender, grated	5
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Mustard seeds (<i>rai</i>)	$\frac{1}{2}$ tsp / 1½ gm
Cumin (<i>jeera</i>) seeds	$\frac{1}{2}$ tsp / 1 gm
Asafoetida (<i>hing</i>)	$\frac{1}{4}$ tsp / 1 gm
Green chillies, chopped	2
Sugar	1 tsp / 3 gm
Salt to taste	
Juice of lemon (<i>nimbu</i>)	$\frac{1}{2}$
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method :

1. Heat the oil in a pan; add mustard seeds, cumin seeds, asafoetida, and green chillies. Sauté till the seeds crackle. Add the corn and cook on low heat for 5 minutes.
2. Add just enough water to cover the corn. Add sugar and salt. Cover and simmer till the corn is tender.
3. Add lemon juice and mix well.
4. Serve hot garnished with green coriander.

Serves: 2-3

Dewanee Khitchdi

A delightful blend of rice and pulses

Ingredients:

Green gram whole (<i>moong</i>), picked, washed	¼ cup / 37 gm
Lentil (<i>masoor dal</i>), picked, washed	¼ cup / 27 gm
Split red gram (<i>arhar dal</i>), picked, washed	¼ cup / 40 gm
Bengal gram (<i>chana dal</i>), picked, washed	¼ cup / 40 gm
Rice, Basmati, washed in a number of changes of water, soaked in enough water to cover for 30 minutes, drained	2 cups / 400 gm / 14 oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Salt	1½ tsp / 6 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder	½ tsp / 1 gm
Ginger (<i>adrak</i>) paste	½ tbsp / 9 gm
Garlic (<i>lasan</i>) paste	½ tbsp / 9 gm

Method:

1. Heat the oil in a deep pan; add green gram, lentil, split red gram, and Bengal gram; stir to mix well. Reduce heat and stir-fry for 5-7 minutes. Add 1 cup water and bring to the boil. Cook until the mixture is tender.
2. Add the salt, turmeric powder, red chilli powder, ginger and garlic pastes; mix well. Add the drained rice and stir to mix well with the cooked gram.
3. Add 3½ cups water and bring to the boil. Reduce heat and cook until the rice is tender and the water is absorbed.
4. Cover with a tight lid and keep in a preheated oven (170°C / 325°F) for 10 minutes.

Serves: 4



Mughlai Khitchdi

Rice cooked with green gram

Ingredients:

Rice, Basmati	1 cup / 200 gm / 7 oz
Green gram (<i>moong dal</i>)	½ cup / 75 gm / 2½ oz
Ghee	2½ tbsp / 37 gm
Bay leaf (<i>tej patta</i>)	1
Grind to a coarse paste:	
Onions, chopped	¼ cup / 30 gm / 1 oz
Green chillies	3
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Garlic (<i>lasan</i>) paste	½ tsp / 3 gm
Grind to a fine powder:	
Black cumin (<i>shahi jeera</i>) seeds	½ tsp / 1 gm
Cloves (<i>laung</i>)	3
Green cardamom (<i>choti elaichi</i>)	3
Cinnamon (<i>dalchini</i>), 1" stick	1
Curry leaves (<i>kadhi patta</i>)	15
Salt to taste	
Cashew nuts (<i>kaju</i>), fried until golden	12

Method:

1. Wash the rice and green gram in a number of changes of water and then soak in enough water to cover for 30 minutes and then drain.
2. Heat the ghee in a deep pan; add bay leaf. When it changes colour add onion paste. Sauté until the paste is golden brown.
3. Add the spice powder and curry leaves; mix well. Add 3 cups water and bring to the boil. Add the rice, green gram, and salt. Bring back to the boil and reduce heat to medium and cook until the rice and gram are tender.
4. Serve garnished with cashew nuts.

Serves: 4

Bajre Ka Soyta

Millet and lamb porridge

Ingredients:

Lamb	500 gm / 1.1 lb
Millet grains (<i>bajra</i>)	500 gm / 1.1 lb
Salt to taste	
Water	6 cups / 1½ lt / 48 fl oz
Ghee	¾ cup / 150 gm / 5 oz
Red chilli powder	¼ cup
Coriander (<i>dhaniya</i>) powder	6 tsp / 9 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Onions, medium-sized, sliced	4
Ginger (<i>adrak</i>), ground, 3" piece	1
Garlic (<i>lasan</i>) pods, large, ground	2-3
Green chillies	15-20
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm
Ginger, julienned	1 tbsp / 24 gm
Dry red chillies (<i>sookhi lal mirch</i>), deseeded, fried	4-5

Method:

1. Sprinkle a little water on the millet grains and keep aside for 30 minutes. Pound lightly to split the grains. Pass through a sieve to remove the chaf.
2. Boil the lamb with salt and 1 cup water till it is half cooked.
3. Heat the ghee in a pan; add all the dry spices and millet. Sauté for a while. Add onions, ginger, garlic, lamb, and green chillies. Mix well.
4. Add the remaining water and cook on low heat till the lamb is tender and the water is absorbed.
5. Garnish with green coriander, ginger, and red chilli shells. Serve hot.

Serves: 4-6



Dal Ki Khichdi

Mixed dals cooked with rice

Ingredients:

Split green gram (<i>dhuli moong dal</i>)	½ cup / 75 gm / 2½ oz
Split red gram (<i>arhar dal</i>)	½ cup / 80 gm / 2¾ oz
Lentil (<i>masoor dal</i>)	½ cup / 80 gm / 2¾ oz
Ghee	1 tsp / 5 gm
Water	4 cups / 1 lt / 32 fl oz
Salt	3 tsp / 12 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Ginger-garlic (<i>adrak-lasan</i>) paste	1 tbsp / 18 gm
Rice, cleaned	4 cups / 800 gm / 28 gm

Method:

1. Heat the ghee in a wok (*kadhai*); add the first three ingredients and gently fry for 5-10 minutes.
2. Add 1½ cups water and cook till all the water is absorbed and the dals are soft. Add salt, turmeric powder, ginger-garlic paste, and rice. Mix well.
3. Add the remaining water and cook on low heat until all the water is absorbed and the rice is done.
4. Serve hot.

Serves: 4-6

Parsi Biryani

Flavoured rice mixed with spicy meat

Ingredients:

Lamb / Chicken, cut into pieces	1 kg / 2.2 lb
Rice, Basmati or any other good quality rice	3¼ cups / 650 gm / 23 oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onions, large, chopped lengthwise	4
Ginger-garlic (<i>adrak-lasan</i>) paste	1 tbsp / 18 gm
Red chilli powder	1 tsp / 2 gm
Black peppercorns (<i>sabut kali mirch</i>)	½ tsp
Cloves (<i>laung</i>)	½ tsp
Cinnamon (<i>dalchini</i>), 1" sticks	½ tsp
Green cardamom (<i>choti elaichi</i>)	½ tsp
Mace (<i>javitri</i>)	½ tsp
Yoghurt (<i>dahi</i>), sour	1 cup / 200 gm / 7 oz
Salt to taste	
Yellow food colour, dissolved in ¼ cup milk	a few drops
Saffron (<i>kesar</i>)	a few strands

Serves: 6-8

Method:

1. Heat the oil in a wok (*kadhai*); fry only half the onions till brown. Remove with a slotted spoon and drain the excess oil on absorbent paper towels. Keep aside.
2. In the same oil, fry the remaining onions till transparent. Add ginger-garlic paste and sauté. Add red chilli powder and whole spices; sauté slightly.
3. Now add the lamb / chicken and cook on medium heat. When the water evaporates, add yoghurt gradually, bit by bit, till all is used up. Add just enough water to cook the lamb / chicken till tender. There should be no gravy left.
4. Boil the rice in plenty of water with salt. When almost done drain it.
5. In a large vessel, spread a layer of rice, then a layer of cooked lamb / chicken, and some fried onions. Continue the layering till all the rice and lamb / chicken are used up. Top with fried onions.
6. Mix the saffron with the yellow food colour mixture and pour it over the rice mixture. Do not mix the rice at this point.
7. Bake in the oven for 30 minutes. Remove from the oven and immediately cover the rice with a wet cloth. Then place a lid on the vessel.
8. Before serving, remove the cloth and lid and serve the biryani on a big, rice platter.



Biryani-e-Dum Pukht

Flavoured rice cooked with lamb

Ingredients:

Lamb	1 kg / 2.2 lb
For the rice:	
Rice, Basmati	2½ cups / 500 gm / 1.1 lb
Green cardamom (<i>choti elaichi</i>)	6
Cloves (<i>laung</i>)	10
Cinnamon (<i>dalchini</i>), 1" sticks	2
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Nutmeg (<i>jaiphal</i>)	½
Mace (<i>javitri</i>)	3-4 blades
Water	8 cups / 2 lt / 64 fl oz
Bay leaves (<i>tej patta</i>)	5
Saffron (<i>kesar</i>), mixed with 1 tbsp water or milk	
	a few strands
Garlic (<i>lasan</i>)	50 gm / 1¾ oz
Ginger (<i>adrak</i>), 1" piece	1
Ghee	1¼ cups / 250 gm / 9 oz
Onions, sliced	2 tbsp / 25 gm
Cloves, powdered	1 tsp / 2 gm
Mace	1 tsp / 3 gm
Cinnamon sticks, powdered	1 tsp / 2 gm
Green cardamom, powdered	5
Salt to taste	
Yoghurt (<i>dahi</i>)	¾ cup / 150 gm / 5 oz
Yellow chilli powder	2 tsp / 4 gm
Saffron	a few strands
Mint (<i>pudina</i>) leaves	1 sprig
Vetivier (<i>kewda</i>) essence	1 tsp / 5 ml
Onions, medium-sized, sliced, browned	2
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Lemon (<i>nimbu</i>) juice	1
Cream	1¼ cups / 250 ml / 9 fl oz

Method:

1. **For the rice**, tie all the spices except bay leaves, in a muslin cloth. Immerse in water and bring to the boil. Add rice and bay leaves. Cook till the rice is half done; drain out the water and spread the rice on a tray.
2. Colour half the rice with the saffron mixture. Mix the white and the saffron-coloured rice together. Keep aside.
3. Grind ginger and garlic together and squeeze the extract.
4. Heat the ghee in a pan; brown the onions and keep aside to cool. Then grind and mix with the lamb. Add ginger-garlic extract.
5. Mix in the powdered cloves, mace, cinnamon, green cardamom, and salt.
6. Cook the lamb in a wok (*kadhai*) till brown. Add yoghurt and yellow chilli powder. Mix well.
7. Once the gravy thickens, add a little water. When the lamb is tender, remove the lamb pieces, and strain the gravy. Grind the saffron and blend into the cooked lamb.
8. Mix the strained gravy with the lamb.
9. Line the bottom of the pan with ghee, add one layer of rice, then a layer of lamb curry. Repeat till all the rice and curry are used up. The last layer should be of rice.
10. Sprinkle the mint leaves, vetivier essence, fried onions, and black cumin seeds on top of the rice. Add lemon juice and cream, close the lid tightly and seal with dough.
11. Keep the pan over a slow charcoal fire with a few live charcoals on the lid for about 45 minutes. This is the traditional way of making biryani. You can also keep it in the oven for 30 minutes. Serve hot.

Serves: 6-8



Raseela Biryani

Lamb rice – Kerala style

Ingredients:

Rice, long-grained	2½ cups / 500 gm / 1.1 lb
Lamb, tender, cut into pieces	750 gm / 26 oz
Coconut (<i>nariyal</i>), grated	1 cup / 100 gm / 3½ oz
Soaked in 2 tbsp water ground to a paste:	
Coriander (<i>dhaniya</i>) powder, broiled, powdered	¾ tbsp
Dry red chillies (<i>sookhi lal mirch</i>), broiled, powdered	¼ tsp
Black pepper (<i>kali mirch</i>) powder	1/8 tsp
Aniseed (<i>saunf</i>)	1/8 tsp
Ghee	
1/2 cup / 100 gm / 3½ oz	
Turmeric (<i>haldi</i>) powder	¼ tsp
Onions, cut into thin slices	2½ cups / 300 gm / 11 oz
Cashew nuts (<i>kaju</i>), finely chopped	¼ cup / 30 gm / 1 oz
Raisins (<i>kishmish</i>)	¼ cup / 25 gm
Curry leaves (<i>kadhi patta</i>)	a handful
Cinnamon (<i>dalchini</i>), 1" stick	2
Cloves (<i>laung</i>)	9
Green cardamom (<i>choti elaichi</i>)	3
Garlic (<i>lasan</i>) paste	¾ tbsp / 13½ gm
Ginger (<i>adrak</i>) paste	1 tsp / 6 gm
Green chillies, slit into half	2
Yoghurt (<i>dahi</i>)	¼ cup / 50 gm / 1¾ oz
Salt to taste	
Yellow colour, dissolved in 1½ tbsp water	3 pinches
Green coriander (<i>hara dhaniya</i>), chopped for garnishing	
Mint (<i>pudina</i>) leaves, for garnishing	

Method:

1. Extract ½ cup coconut milk from the grated coconut and grind ½ cup of the used coconut coarsely. Keep aside.
2. Heat ¼ cup ghee in a wok (*kadhai*); add turmeric powder and sauté for a few seconds. Remove and keep aside. In the same ghee, fry ½ cup onion, cashew nuts, raisins, and curry leaves till brown. Remove and keep aside.
3. Strain the leftover ghee and add the remaining ghee. Reheat. When hot, add the spice paste, cinnamon sticks, cloves, and green cardamom; sauté for a while. Then add the garlic-ginger paste.
4. Reduce heat, add fried turmeric powder and the remaining onions; sauté lightly. Add green chillies and the coarsely ground coconut. Stir for a few minutes.
5. Add the lamb; mix well. Add yoghurt, salt, and coconut milk.
6. Cover the pan with a deep lid containing water. When the lamb is cooked and the gravy is reduced to a cup, remove the pan from the heat.
7. Cook the rice till it is ¾th done. Add the fried onions, cashew nuts, raisins, and curry leaves.
8. Grease an aluminium pan with ghee. Layer the pan alternately with the lamb pieces and the rice. When the pan is half full, pour the lamb gravy and then arrange the rest of the layers over it. Sprinkle the yellow colour over the rice.
9. Spread a wet cloth over the rice, cover the pan with a lid and place live coal over and above it. Cook for 20 minutes or bake in the oven.
10. Serve garnished with green coriander and mint leaves. A complete meal in itself.

Serves: 4-5



Jhinga Biryani

Rice cooked in delicate spices and garnished with prawns

Ingredients:

Rice, Basmati, washed	1¼ cups / 350 gm / 12 oz
Prawns, shelled, deveined	100 gm / 3½ oz
Turmeric (<i>haldi</i>) powder	a pinch
Juice of lemon (<i>nimbu</i>)	1
Vegetable oil	1 tbsp / 15 ml
Cinnamon (<i>dalchini</i>), 1" stick	1
Green cardamom (<i>choti elaichi</i>)	4
Black cardamom (<i>badi elaichi</i>)	2
Cloves (<i>laung</i>)	4
Bay leaves (<i>tej patta</i>)	4
Onion, sliced	2 tbsp / 50 gm / 1¾ oz
Ginger-garlic (<i>adrak-lasan</i>) paste	2 tsp / 12 gm
Water	3 cups / 750 ml / 24 fl oz
Salt	2 tsp / 8 gm
Butter	½ cup / 100 gm / 3½ oz
Milk	3 tbsp / 45 ml / 1½ fl oz

Method:

1. Soak the rice for half an hour. Drain and keep aside.
2. Boil 2 cups water. Add salt, turmeric powder, and ½ lemon juice. Add prawns and cook till ¾th done. Remove, cut into small pieces and keep aside.
3. Heat the oil in a pot; crackle whole spices. Sauté onion till light brown. Add ginger-garlic paste dissolved in 1 tbsp water. Add the water and bring to the boil. Add salt, 90 gm/ 3 oz butter, remaining lemon juice, and rice; cook on medium heat, stirring occasionally till the water has reduced to the level of rice. Sprinkle milk, cover with a wet cloth and cook on low heat for 15 minutes. Transfer the rice onto a serving dish. Sauté the prawns in the remaining butter and sprinkle over the rice. Serve hot.

Serves: 4



Mumbai Biryani

Flavoured and highly seasoned rice

Ingredients:

Lamb, diced leg or shoulder	1 kg / 2.2 lb
Rice, long-grained, washed, cooked	3 cups / 600 gm / 22 oz
Vegetable oil	2 cups / 400 ml / 14 fl oz
Onions, sliced	2 cups / 240 gm / 9 oz
Potatoes, peeled, diced 3-4 cm pieces	250 / 9 oz
Garlic (<i>lasan</i>) paste	1 tbsp / 18 gm
Tomatoes, chopped	1 cup
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Ginger (<i>adrak</i>), julienned	1 tbsp / 18 gm
Yoghurt (<i>dahi</i>)	2 cups / 400 gm / 15 oz
Salt to taste	
Garam masala	2 tbsp / 8 gm
Vetivier (<i>kewda</i>) essence for flavouring	a few drops

Method:

1. Heat the oil in a heavy-bottomed pan; fry the onions till golden. Remove with a slotted spoon and keep aside.
2. In the same oil, fry the potatoes till light brown. Remove and keep aside. Add garlic paste, sauté for 3 minutes. Add tomatoes and cook till the oil comes to the surface. Add the lamb, cumin powder, and turmeric powder; stir-fry for 6-7 minutes. Add enough water to cover the mixture; simmer till the lamb is ¾th done.
3. Add potatoes, ginger, yoghurt, and salt. Cook for another 5 minutes.
4. In another large heavy-bottomed pot, put a layer of lamb (without the gravy) and potatoes, cover with half the rice. Crush and sprinkle part of the onions and half of the garam masala. Pour some gravy on top. Repeat this process a second time or till all the ingredients are used up. Now cook on low heat and place some live charcoal on the lid for 20 minutes. Alternately, this could also be done in an oven.
5. Sprinkle vetivier essence on top and mix thoroughly. Allow to stand for 15 minutes before serving.

Serves: 6-8

Chilman Biryani

Lamb biryani cooked covered with a flour puff

Ingredients:

Lamb, cut into pieces	500 gm / 1.1 lb
Rice, Basmati	2½ cups / 500 gm / 1.1 lb
Water as required	
Mace (<i>javitri</i>) powder	1 tsp / 2 gm
Green cardamom (<i>choti elaichi</i>)	4
Black cardamom (<i>badi elaichi</i>)	4
Cloves (<i>laung</i>)	4
Bay leaves (<i>tej patta</i>)	5
Vegetable oil	1 cup / 200 ml / 7 fl oz
Onions, sliced	½ cup / 60 gm / 2 fl oz
Ginger-garlic (<i>adrak-lasan</i>) paste	5 tsp / 30 gm / 1 oz
Salt	2 tsp / 8 gm
Red chilli powder	2 tsp / 4 gm
Water	4 cups / 1 lt / 32 fl oz
Brown onion paste (see p. 10)	2 tbsp / 50 gm / 1¾ oz
Saffron (<i>kesar</i>)	a few strands
Vetivier (<i>kewda</i>) water	2 tsp / 10 ml
Onion, sliced, browned	2 tbsp / 50 gm / 1¾ oz
For the <i>chilman</i> (puff) covering:	
Refined flour (<i>maida</i>)	½ cup / 50 gm / 1¾ oz
Butter	½ cup / 100 gm / 3½ oz
Water	5 tbsp / 75 ml / 2½ fl oz

Method:

1. Wash and soak the rice in water for 1 hour. Drain and boil in sufficient water along with whole spices till ¾th done. Remove from heat, drain and keep aside.
2. Heat the oil in a pan; add onions and fry until brown. Add ginger-garlic paste and lamb pieces; stir-fry for about 8-10 minutes. Add salt, red chilli powder, and water; cook for about 20-25 minutes on medium heat.
3. Stir in brown onion paste and cook till the lamb pieces are tender and the curry is thick. Remove from heat.
4. **For the *chilman* (puff) covering**, mix butter and flour together. Add water and knead to a smooth soft dough.
5. In an ovenproof pot, arrange alternate layers of rice and lamb curry. Sprinkle saffron, vetivier and onion. Seal the pot with the prepared puff covering and place in a moderately hot oven (150-180°C / 300-350°F) for 20 minutes or till the covering is cooked.
6. Remove and serve hot.

Serves: 4



Arroz com Coco

Coconut pulao

Ingredients:

Rice, long-grained, washed	1 cup / 200 gm / 7 oz
Coconut (<i>nariyal</i>), grated	2 cups / 200 gm / 7 oz
Ghee	1 tbsp / 15 gm
Onion, medium-sized, finely sliced	1
Cloves (<i>laung</i>)	4
Cinnamon (<i>dalchini</i>), 1" sticks	2
Green cardamom (<i>choti elaichi</i>)	2
Turmeric (<i>haldi</i>) powder	¼ tsp
Sugar	¼ tsp
Salt	1½ tsp / 6 gm
Onion, medium-sized, thinly sliced, fried	1
Cashew nuts (<i>kaju</i>), fried	8-10
Raisins (<i>kishmish</i>), fried	1 tbsp / 10 gm

Method:

1. Blend the coconut with 2 cups of warm water to extract 2 cups of coconut milk. Keep aside.
2. Heat the ghee in a pan; sauté the onion, cloves, cinnamon sticks, and green cardamom for approximately 3 minutes.
3. Add rice and stir-fry for 1 minute. Add turmeric powder, sugar, salt, and coconut milk. Stir well. Bring the mixture to the boil. Lower heat and simmer till the rice is cooked.
4. Serve garnished with fried onion, cashew nuts, and raisins.

Serves: 3

Zafrani Biryani

Chicken biryani seasoned with saffron

Ingredients:

Rice, Basmati or any long-grained variety	2½ cups / 500 gm / 1.1 lb
Chicken	1 kg / 2.2 lb
Yoghurt (<i>dahi</i>)	3 cups / 600 gm / 22 oz
Saffron (<i>kesar</i>)	a pinch
Milk	½ cup / 100 ml / 3½ fl oz
Cream	2½ tbsp / 50 ml / 1¾ fl oz
Mint (<i>pudina</i>) leaves	2 tbsp / 8 gm
Green coriander (<i>hara dhaniya</i>)	2 tbsp / 8 gm
Water	16 cups / 4 lt / 128 fl oz
Bay leaves (<i>tej patta</i>)	2
Green cardamom (<i>choti elaichi</i>)	10
Cloves (<i>laung</i>)	10
Salt to taste	
Butter, unsalted	¾ cup / 150 gm / 5 oz
Black cardamom (<i>badi elaichi</i>)	2
Cinnamon (<i>dalchini</i>), 1" sticks	4
Mace (<i>javitri</i>)	1 tsp / 2 gm
Black cumin (<i>shahi jeera</i>) seeds	3 tsp / 6 gm
Onions, sliced	½ cup / 60 gm / 2 oz
Ginger (<i>adrak</i>) paste	3 tbsp / 54 gm / 1¾ oz
Garlic (<i>lasan</i>) paste	3 tbsp / 54 gm / 1¾ oz
Red chilli powder	2 tsp / 4 gm
Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml

Serves: 4-5

Method:

1. Clean, skin and cut the chicken into 8 pieces.
2. Wash the rice and soak for at least half an hour.
3. Whisk the yoghurt in a bowl and divide into two equal portions. Dissolve the saffron in warm milk and cream. Add one portion of the yoghurt to it. Add the mint and green coriander to this.
4. Preheat oven to 150°C / 300°F.
5. In a saucepan, bring the water to the boil and add 1 bay leaf, 2 green cardamom, and 2 cloves. Add the drained rice and salt to taste. Boil for a few minutes until the rice is half cooked. Drain the rice with the whole spices and keep hot.
6. Heat the butter in a pan; add the remaining whole spices and black cumin seeds; sauté on medium heat. Add onions and sauté until golden brown. Add ginger-garlic paste and red chilli powder; stir for 15 seconds.
7. Add the chicken and salt to taste and cook for a further 3-4 minutes.
8. Add the second portion of plain yoghurt along with approximately 1 cup water; stir and bring to the boil. Lower heat and simmer until the chicken is almost done. Stir in lemon juice and check the seasoning.
9. Grease a large baking dish. Spread half the chicken mixture and sprinkle half the saffron-yoghurt mixture over this. Now spread half the parboiled rice. Repeat the same process for the remaining half. Cover with a moist cloth and seal the dish with dough.
10. Slow-bake in the oven (*dum*) for 10-15 minutes.
11. Remove and serve hot, garnished with fried almonds.



Subz Biryani

Highly seasoned vegetable rice

Ingredients:

Rice, Basmati or any long-grained variety	1 cup / 200 gm / 7 oz
Carrot (<i>gajar</i>), diced, parboiled	30 gm / 1 oz
Cauliflower (<i>phool gobi</i>), small pieces	30 gm / 1 oz
Green peas (<i>hara matar</i>), parboiled	30 gm / 1 oz
Mushrooms (<i>guchhi</i>), quartered	30 gm / 1 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Cloves (<i>laung</i>)	4
Cinnamon (<i>dalchini</i>), ½" stick	1
Bay leaf (<i>tej patta</i>)	1
Green cardamom (<i>choti elaichi</i>)	3
Black cumin (<i>shahi jeera</i>) seeds	1 tsp / 2 gm
Onions, chopped	¼ cup / 30 gm / 1 oz
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Red chilli powder	1 tsp / 2 gm
White pepper (<i>safed mirch</i>) powder	½ tsp / 1 gm
Salt to taste	
Water	2 cups / 500 ml / 16 fl oz

For the garnishing:

Green chillies, slit	1 tsp
Onion, sliced, fried	2 tsp / 12 gm
Mace (<i>javitri</i>) powder	½ tsp / 1 gm
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Ginger, julienned	½ tsp / 3 gm
Cashew nuts (<i>kaju</i>), fried golden	10
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Cream	2 tbsp / 30 ml / 1 fl oz

Method:

1. Wash and soak the rice for 30 minutes.
2. Heat the oil in a heavy-bottomed pan. Sauté the cloves, cinnamon stick, bay leaf, green cardamom, and black cumin seeds till they begin to crackle.
3. Add onions and sauté till transparent. Stir in ginger paste, red chilli powder, all the vegetables, white pepper powder, and salt. Cook for 3-4 minutes.
4. Stir in the drained rice and water. Bring to the boil, lower heat and cook, covered, till rice is almost done.
5. Remove the lid, sprinkle slit green chillies, fried onions, mace powder, lemon juice, ginger, cashew nuts, green coriander, and cream.
6. Seal the lid with dough and cook on very low heat for 10-15 minutes.
7. Serve hot with yoghurt.

Serves: 4-5



Anokhi Biryani

A delightful blend of rice and pulses

Ingredients:

Bengal gram (<i>chana dal</i>)	1 tbsp / 25 gm
Kidney beans (<i>rajma</i>)	1 tbsp / 25 gm
Split red gram (<i>arhar dal</i>)	1 tbsp / 25 gm
Split green gram (<i>dhuli moong dal</i>)	1 tbsp / 20 gm
Rice	$\frac{3}{4}$ cup / 150 gm / 5 oz
Ground to a paste:	
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Coconut (<i>nariyal</i>), grated	$\frac{3}{4}$ cup / 75 gm / 2½ oz
Red chilli powder	1 tsp / 2 gm
Vegetable oil	
	3 tbsp / 45 ml / 1½ fl oz
Cinnamon (<i>dalchini</i>), 1" sticks	3
Cloves (<i>laung</i>)	6
Bay leaves (<i>tej patta</i>)	2
Green cardamom (<i>choti elaichi</i>)	15
Garlic (<i>lasan</i>), chopped	1 tsp / 6 gm
Tomatoes, skinned, deseeded	120 gm / 4 oz
Salt to taste	
Water	2 cups / 500 ml / 16 fl oz
Almonds (<i>badaam</i>), blanched, fried	$\frac{1}{4}$ cup / 30 gm / 1 oz
Mint (<i>pudina</i>) leaves, chopped	2 tsp / 8 gm
Onion rings, fried	$\frac{1}{2}$ cup / 60 gm / 2 oz

Method:

1. Soak the Bengal gram, kidney beans, and red gram together for 1 hour. Soak the rice and split green gram together in a separate container for 1 hour.
2. Drain the water from both the containers. Add $\frac{3}{4}$ th cup fresh water to the pot with Bengal gram and cook on medium heat until tender.
3. Add 1½ cups water to the pot with rice and cook on medium heat until almost done.
4. **For the paste**, grind the spices in a food processor with a little water.
5. Heat the oil in a pan; add cinnamon sticks, cloves, bay leaves, and green cardamom. Sauté for 30 seconds. Add garlic, tomatoes, and the ground paste. Cook for 4-5 minutes or till the oil separates.
6. Add the pulses, rice mixture, salt, and water. Cover and cook on low heat till done.
7. Serve hot garnished with almonds, mint leaves, and onion rings.

Serves: 4



Keema Ki Biryani

Royal mince biryani

Ingredients:

Rice, Basmati, washed, soaked in water for 1 hour, drained	2 cups / 400 gm / 14 oz
Lamb, minced	500 gm / 1.1 lb
Ghee / Vegetable oil	½ cup / 100 gm / 3½ oz
Onions, thinly sliced	½ cup / 60 gm / 2 oz
Red chilli powder	3 tsp / 6 gm
Coriander (<i>dhaniya</i>) powder	2 tbsp / 9 gm
Garlic (<i>lasan</i>) paste	2 tsp / 12 gm
Ginger (<i>adrak</i>) paste	2 tsp / 12 gm
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Garam masala	2 tsp / 4 gm
Mix together:	
Almonds (<i>badaam</i>), blanched, peeled, sliced	20 / 16 gm
Raisins (<i>kishmish</i>), cut into half	60 / 32 gm
Wholemilk fudge (<i>khoya</i>)	3 tbsp / 45 gm / 1½ oz
Lemon (<i>nimbu</i>) juice	4 tbsp / 60 ml / 2 fl oz
Milk	2¼ cups / 450 ml / 16 fl oz

Serves: 4

Method:

1. Boil the rice with salt in plenty of water till cooked. Drain the excess water and keep aside.
2. Heat the ghee / oil in a wok (*kadhai*); add onions and sauté until golden brown. Add the lamb, red chilli powder, coriander powder, garlic and ginger pastes, yoghurt, and salt. Cook until the lamb is well browned, adding 2 tbsp water as and when required to avoid it from sticking to the bottom of the pan. When the lamb is tender and no liquid remains add the garam masala; mix well.
3. In a greased, heavy-bottomed pan (not too large), spread a layer of rice evenly and sprinkle half the milk over it. Spread half of the lamb mixture evenly over the rice. Then cover with another layer of rice. Spread the almonds-raisins, wholemilk fudge, lemon juice mixture over this, and then spread the remaining lamb mixture. Cover with rice once again. Sprinkle with the rest of the milk.
4. Cover the dish with an aluminium foil and a lid thereafter. Put the pan on very low heat and cook on *dum* for half an hour.



Biryani Mutanjan

Tender lamb layered with fragrant rice

Ingredients:

Rice, Basmati, washed in a number
of changes of water, soaked in
enough water to cover for
30 minutes, drained 2 cups / 400 gm / 14 oz

Salt to taste

Mix together:

Lamb, boneless pieces 700 gm / 25 oz

Garlic-ginger (*lasan-adrak*) paste ½ tbsp / 9 gm

Salt to taste

Ghee ½ cup / 100 gm / 3½ oz

Onions, sliced ½ cup / 60 gm / 2 oz

Yoghurt (*dahi*) ½ cup / 100 gm / 3½ oz

Sugar, dissolved on low heat,
taking care not to overcook to
avoid it turning bitter 1 tsp / 3 gm

Milk ½ cup / 100 ml / 3½ fl oz

Green cardamom (*choti elaichi*) 2

Saffron (*kesar*) ½ tsp / ½ gm

Cinnamon (*dalchini*), 2" sticks 2

Black cumin (*shahi jeera*) seeds ½ tsp / 1 gm

Juice of lemon (*nimbu*) ½

Method:

1. Heat the ghee in a pan; add onions and sauté until light brown. Add the lamb with the marinade. Stir to mix well and continue to cook until the water has evaporated. Reduce heat to low and add the yoghurt and some water; cook until the lamb is tender.
2. Add the sugar syrup (do not add sugar syrup if the lamb is not tender, as it will not tenderize further) and milk; mix well. Bring the mixture to the boil and cook for a further 5 minutes.
3. Bring 3 cups water to the boil and add the drained rice, salt, green cardamom, saffron, cinnamon sticks, black cumin seeds, and lemon juice. Stir carefully to mix. Bring back to the boil, reduce heat and cook covered until the rice is half done.
4. Layer as with other biryani and place in a preheated oven (170°C / 325°F) for 15 minutes.

Serves: 4



Biryani Resham

Saffron-flavoured lamb cooked with yoghurt in rice

Ingredients:

Rice, Basmati, washed, soaked in	
water for 1 hour	2½ cups / 500 gm / 18 oz
Lamb, assorted pieces	1 kg / 2.2 lb
Ghee	1 cup / 200 gm / 7 oz
Yoghurt (<i>dahi</i>), whisked	2½ cups / 300 gm / 11 oz
Salt	6 tsp / 24 gm
Red chilli powder	3 tsp / 6 gm
Ginger (<i>adrak</i>) paste	4 tsp / 24 gm
Coriander (<i>dhaniya</i>) powder	16 tsp / 24 gm
Black gram (<i>urad dal</i>), roasted,	
husked, powdered	4 tsp
Cumin (<i>jeera</i>) powder	¾ tsp
Black cumin (<i>shahi jeera</i>)	
seeds, powdered	1 tsp / 2 gm
Black cardamom (<i>badi elaichi</i>), powdered	3
Cloves (<i>laung</i>), powdered	15
Saffron (<i>kesar</i>), crushed and dissolved in	
1 tbsp water	½ tsp / ½ gm
Mix together:	
Vetivier (<i>kewda</i>) essence	2 tbsp / 30 ml / 1 fl oz
Milk	2¾ cups / 350 ml / 12 fl oz

Serves: 4

Method:

1. Heat the ghee in a wok (*kadhai*); add the lamb, yoghurt, salt, red chilli powder, and ginger paste; mix well. Stir-fry until the liquid has evaporated and the lamb pieces are brown. Add just enough water, so that when the lamb is tender very little or no water remains. Add all the spices and saffron water; mix well. Lower heat and simmer until only the ghee remains.
2. Drain the rice and boil in plenty of water with salt. When just tender, drain the rice in a flat sieve and leave to drain removing the water completely. Then spread the rice in a large tray to cool. When the rice has cooled, divide it into 4 equal parts.
3. Grease the bottom and sides of a heavy-bottomed pan with ghee. Spread one part of the rice evenly. Sprinkle the milk and vetivier mixture over the rice. Then spread half of the cooked lamb over the rice. Cover the lamb with two parts of the cooked rice and spread the remaining lamb mixture ending with a layer of rice. Cover the pan and heat until steam rises. Remove from heat and keep in a preheated oven (170°C / 325°F) for half an hour.



Arroz de Camarão

Prawn pulao – in true Goan style

Ingredients:

Prawns, whole, unshelled, washed	500 gm / 1.1 lb
Rice, long-grained	2 cups / 400 gm / 14 oz
Ghee	4 tbsp / 60 gm / 2 oz
Onion, medium-sized, finely sliced	2
Cloves (<i>laung</i>)	4
Cinnamon (<i>dalchini</i>), 1" sticks	3
Green cardamom (<i>choti elaichi</i>)	3
Garlic (<i>lasan</i>), minced	2 tsp / 12 cloves
Ginger (<i>adrak</i>), chopped	2 tsp / 2" piece
Tomato, large, chopped	1
Green chillies, chopped	1-2
Turmeric (<i>haldi</i>) powder	¼ tsp
Coconut (<i>nariyal</i>) milk	1 cup / 200 ml / 7 fl oz
Salt	2 tsp / 8 gm
Sugar	½ tsp / 1½ gm

Method:

1. Remove the heads and shells of the prawns. Boil the prawns in 3 cups water for 20 minutes. Strain to extract 3 cups of stock.
2. Devein the prawns, apply a little salt; keep aside.
3. Heat the ghee in a pan; sauté the onions till lightly browned. Add whole spices; sauté for 30 seconds. Add garlic and ginger; sauté for a minute. Add tomato, green chillies, and turmeric powder; stir-fry till tomatoes are pulpy. Add prawns and stir-fry for 2 minutes till they change colour. Add rice and stir-fry for 1 minute.
4. Mix in the stock, coconut milk, salt, and sugar. Bring the mixture to the boil, lower heat and simmer, covered, till the rice is done. Serve hot.

Serves: 6



Arroz Refogado

Chicken / Lamb pulao

Ingredients:

Rice, long-grained	2 cups / 400 gm / 14 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Cloves (<i>laung</i>)	5
Cinnamon (<i>dalchini</i>), 1" sticks	2
Onions, medium-sized, finely sliced	2
Garlic (<i>lasan</i>), minced	1 tsp / 6 cloves
Ginger (<i>adrak</i>), minced	1 tsp / 1" piece
Turmeric (<i>haldi</i>) powder (optional)	½ tsp / 1 gm
Tomato, large, chopped	1
Chicken / Lamb stock (see p. 11)	1 lt / 32 fl oz
Salt	1½ tsp / 6 gm
Cooked chicken / Lamb	1 cup / 200 gm / 7 oz

Method:

1. Heat the oil in a pan; add cloves and cinnamon sticks; sauté for 30 seconds.
2. Add onions and fry till soft. Add garlic and ginger; sauté for 30 seconds. Add turmeric powder and tomato; sauté till soft and pulpy.
3. Add the rice and stir-fry for 1 minute. Add the chicken / lamb stock and salt.
4. Add the meat and bring the mixture to the boil. Cover the pan, lower heat and simmer for 15 minutes till the rice is cooked.
5. Serve hot with chouriço (see p. 9) and lamb, chicken or pork curry.

Serves: 4

Gosht Ki Taharee

Lamb and rice cooked together in mild spices

Ingredients:

Rice, Basmati, washed in a number of changes of water, soaked in water to cover for 30 minutes, drained	2 cups / 400 gm / 14 oz
Lamb, cut into 1" cubes	250 gm / 9 oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onions, sliced	1¼ cups / 180 gm / 6 oz
Salt to taste	

Grind to a paste and mix with ¼ cup yoghurt:

Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Turmeric (<i>haldi</i>) powder	¼ tsp
Red chilli powder	1 tsp / 2 gm
Ginger (<i>adrak</i>), chopped	½ tbsp / 12 gm
Garlic (<i>lasan</i>), chopped	½ tbsp / 12 gm

Green coriander (<i>hara dhaniya</i>), chopped	½ tbsp / 2 gm
Green chillies, slit	2

Method:

1. Heat the oil in a deep pan; add onions and sauté until light brown. Reduce heat to low and add the yoghurt and spice mixture. Mix well and continue to fry until the yoghurt is absorbed. Add the lamb and salt. Add enough water so that all is absorbed when the lamb is tender. Cook on low heat until the lamb is tender.
2. Add the drained rice and stir slowly to mix well.
3. Add 4 cups water and bring to the boil. Reduce heat and cook until the rice is tender and fluffy and all the water is absorbed. Mix very carefully and serve garnished with green coriander and green chillies.

Serves: 4



Ilish Bhat

Fish cooked with rice

Ingredients:

Rice, Basmati, washed in a number of changes of water, soaked in enough water to cover for 30 minutes, drained	2 cups / 400 gm / 14 oz
Fish, hilsa or any firm white river fish, fillets	8
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt to taste	

Mix together with a little water to make a paste:

Yellow mustard seeds (<i>rai</i>)	1½ tbsp
Green chillies	2
Mustard (<i>sarson</i>) oil	1 tbsp / 15 ml
Salt to taste	

Serves: 4

Method:

1. Rub the turmeric powder and salt on the fish and keep aside for 10 minutes. Then rub the mustard paste and lay the fish out in a round dish with a tight-fitting lid so that it can be put in the pan where the rice is being boiled for cooking.
2. Bring 4 cups water to the boil and add the rice. Bring back to the boil and then lower heat and cook covered until the rice is half cooked.
3. Place the round dish with the fish fillets in the centre of the rice, cover and cook on very low heat for another 5-6 minutes or until the rice is done.
4. Remove from heat and carefully remove the round dish.
5. Serve the cooked fish with the rice.

Chapatti

Unleavened wholewheat bread

Ingredients:

Wholewheat flour (<i>atta</i>), sieved	2 cups / 200 gm / 7 oz
Salt (optional)	½ tsp / 2 gm
Water	½ cup / 125 ml / 4 fl oz
Ghee	1 tbsp / 15 gm

Serves: 4-6

Method:

1. Mix the wholewheat flour and salt in a bowl. Add water, knead into a smooth and elastic dough. Cover with a moist cloth and keep aside for 20 minutes at room temperature.
2. Place the dough on a floured board. Divide it into 8 portions, roll out each into a thin disc, the size of a snack plate.
3. Heat a griddle (*tawa*); place one disc on the griddle. Cook until tiny spots appear on one side, flip over and cook the other side for a few seconds. Flip over again and cook till it is pale golden on both sides.
4. Brush lightly with ghee and serve hot with any curry dish.



Methi Ki Roti

Fenugreek-flavoured unleavened bread

Ingredients:

Wholewheat flour (<i>atta</i>)	2 cups / 200 gm
Fenugreek (<i>methi</i>) leaves, chopped	1¾ cups / 50 gm / 1¾ oz
Green coriander (<i>hara dhaniya</i>), chopped	1 cup / 25 gm
Green chillies, chopped	2
Salt to taste	
Vegetable oil for shallow frying	

Serves: 2-3

Method:

1. Mix the wholewheat flour, fenugreek leaves, green coriander, green chillies, and salt together. Add 1 tbsp oil; knead with enough water to make a smooth dough. Cover and keep aside for 30 minutes.
2. Knead again and divide the dough into lemon-sized balls. Roll each out to a 2" disc, smear some oil on the top surface and fold into a half moon. Fold the half moon again into a triangle. Now roll the triangle out.
3. Heat a griddle (*tawa*); lay a triangle flat on it and cook on both sides till tiny brown spots appear. Drizzle a little oil and fry till golden brown on both sides. Remove and repeat till all the triangles are fried.
4. Serve hot with yoghurt and pickle of your choice.

Makke Ki Roti

Maize flour bread

Ingredients:

Maize flour (<i>makke ka atta</i>)	2½ cups / 500 gm / 1.1 lb
Salt to taste	
Ghee	1 tbsp / 15 gm
Fenugreek (<i>methi</i>) leaves, finely chopped	1 cup / 30 gm / 1 oz
Red chilli powder	1 tsp / 2 gm
Ghee for frying	2 tbsp / 30 gm / 1 oz
Butter	1 tbsp / 20 gm

Serves: 4-6

Method:

1. Sift the maize flour and salt. Add ghee, fenugreek leaves, and red chilli powder; mix well. Make a stiff dough with hot water.
2. Divide the dough into 8-10 portions. Shape each out into a thick disc between your palms.
3. Heat the griddle (*tawa*) till hot; lay the disc flat on it and cook both sides on low heat.
4. When nearly done, pour a little ghee and fry both sides till golden brown. Remove from the griddle and pinch the disc in four or five places on one side. Add butter on the pinched places and serve hot. Repeat with the other discs.
5. Serve with *sarson ka saag* (see p. 350).



Missi Roti

Spicy gram flour bread

Ingredients:

Wholewheat flour (<i>atta</i>)	2¼ cups / 250 gm / 9 oz
Gram flour (<i>besan</i>)	2¼ cups / 250 gm / 9 oz
Yoghurt (<i>dahi</i>), hung in a muslin cloth	½ cup / 100 gm / 3½ oz
Carom (<i>ajwain</i>) seeds	1 tsp / 2 gm
Red chilli powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Salt to taste	
Ghee	2 tbsp / 30 gm / 1 oz

Makes: 15

Method:

1. Mix all the ingredients except ghee in a large bowl.
2. Knead the mixture with a little water, at a time, into a semi-soft dough.
3. Divide the dough into 15 portions and roll each out to a 4" diameter disc.
4. Heat a griddle (*tawa*); roast the disc evenly on both sides. Now remove the griddle from the heat and roast the disc directly on the flame on both sides till well done but not burnt. Remove and repeat with the other discs.
5. Smear 1 tsp ghee on each disc and serve hot.

Variations: *Finely chopped spinach or fenugreek leaves can be added to the dough, to give colour to the missi roti.*

Bajre Ki Roti

Millet flour bread

Ingredients:

Millet flour (<i>bajre ka atta</i>)	5 cups / 500 gm / 1.1 lb
Salt	a pinch
Ghee	6-7 tbsp / 90-105 gm / 3-3½ oz
Coal fire to roast the roti	

Serves: 6-8

Method:

1. Sift the millet flour and salt together. Gradually add enough warm water and knead with greased palms to make a semi-soft dough. Knead the dough 5 minutes before making the roti.
2. Divide the dough equally into lemon-sized portions. Flatten each portion with your palms pressing the edges together to make 5-6"-diameter discs. This has to be done carefully so that the edges do not break. Avoid using the rolling pin.
3. Heat a griddle (*tawa*); lay a disc flat on it and roast both sides. Then put it directly on a coal fire to make it crisp. Smear 2 tbsp ghee on the disc, crumple lightly between both palms and serve hot. Repeat with the other discs.
4. Serve immediately with yoghurt, jaggery, onion, and *sangar ka saag* (see p. 326) or *lasan* chutney (see p. 419).



Tai Roti

Shallow fried cottage cheese bread

Ingredients:

Refined flour (<i>maida</i>)	5 cups / 500 gm / 1.1 lb
Cottage cheese (<i>paneer</i>), grated	200 gm / 7 oz
Cabbage (<i>bandh gobhi</i>), grated	200 gm / 7 oz
Capsicum (<i>Shimla mirch</i>), big, grated	1
Salt to taste	
Milk	1 cup / 200 ml / 7 fl oz
Ghee for shallow frying	

Makes: 20

Method:

1. Mix the flour with cottage cheese, cabbage, capsicum, and salt.
2. Add milk, gradually, and knead into a stiff dough.
3. Divide the dough equally into 20 portions and roll each out to make a small disc of 4" diameter.
4. Heat a griddle (*tawa*); lay a disc flat on it and roast both sides, till half done. The half done discs can be kept for 5-6 hours.
5. Before serving, shallow fry the discs on a griddle till golden and crisp. The discs can be roasted on a coal fire or in a tandoor. To avoid the use of ghee.

Variation: *Instead of cottage cheese, cabbage and capsicum the following combinations can be used in the above method:*

- * Coarsely crushed potatoes, green peas, and cauliflower;
- * Finely chopped fenugreek leaves;
- * Chopped spinach and finely diced onions;
- * Coarsely crushed carrots, beans and green peas.

Khasta Roti

Wholewheat oven-baked bread

Ingredients:

Wholewheat flour (<i>atta</i>)	5 cups / 500 gm / 1.1 lb
Salt to taste	
Sugar	2 tsp / 6 gm
Carom (<i>ajwain</i>) seeds	1 tbsp
Water	1 cup / 250 ml / 8 fl oz

Serves: 4-5

Method:

1. Sift the flour; add salt, sugar, and carom seeds. Knead into a hard dough with water. Cover with a moist cloth and keep aside for 15 minutes.
2. Divide the dough into 10 balls. Dust and roll each into 10 cm roti. Prick with a fork evenly.
3. Bake the roti in an oven at 180°C / 350°F for 8-10 minutes or till light brown in colour.



Khameeri Roti

Leavened wholewheat bread

Ingredients:

Wholewheat flour (<i>atta</i>)	2 cups / 200 gm / 7 oz
Salt to taste	
Yeast, fresh	1½ tsp
Ghee for greasing the baking tray	
Refined flour (<i>maida</i>) to dust	

Serves: 4

Method:

1. Dissolve the yeast in ½ cup warm water.
2. Sift the wholewheat flour with salt onto a platter.
3. Make a well in the flour and pour 1 cup water. Mix flour and water gradually, then knead into a tough dough. Cover with a damp cloth and keep aside for 15 minutes.
4. Slowly sprinkle the dissolved yeast over the dough and keep kneading till the dough is smooth and pliable and not sticky. Cover with a damp cloth and keep aside for 30 minutes.
5. Divide the dough into 8 equal balls and dust with dry flour.
6. Press and flatten each ball into round discs, 8" wide. Wearing an oven glove stick the disc to the side of a hot tandoor and bake for 2 minutes. Remove with a pair of tongs. Alternatively, place on a greased baking tray and bake for 4-5 minutes in a preheated oven at 180°C / 350°F. Serve hot.

Tandoori Roti

Baked unleavened bread

Ingredients:

Wholewheat flour (<i>atta</i>)	2½ cups / 250 gm
Salt	1 tsp / 4 gm
Vegetable oil	1 tbsp / 15 ml
Water	½ cup / 125 ml / 4 fl oz
Butter for greasing the baking tray	

Serves: 2-3

Method:

1. Sift the flour and salt together. Mix in the oil and water; knead to make a soft dough. Cover with a moist cloth and keep aside for 30 minutes.
2. Divide the dough equally into 5 balls and dust with flour.
3. Heat the oven to 180°C/350°F; flatten the balls and roll each out to an 8" disc. Place the discs on a greased tray and bake for 3 minutes till pale brown in colour.
4. Serve hot.



Rawa Roti

Unleavened semolina bread

Ingredients:

Semolina (<i>rawa</i>), fine	2 cups / 270 gm / 9 oz
Vegetable oil for frying	
Mustard seeds (<i>rai</i>)	¼ tsp
Bengal gram (<i>chana dal</i>)	1 tsp
Water	2 cups / 500 ml / 16 fl oz
Ground to a paste:	
Green chillies	8
Salt	1½ tsp / 6 gm
Asafoetida (<i>hing</i>)	a pinch
Onions, small, chopped	½ cup / 60 gm / 2 oz
Yoghurt (<i>dahi</i>), sour	2 tbsp / 60 gm / 2 oz
Green coriander (<i>hara dhaniya</i>), finely chopped	1½ tbsp / 6 gm
Curry leaves (<i>kadhi patta</i>)	4-5

Method:

1. Heat the oil in a frying pan (deep curved); add mustard seeds and Bengal gram. When the seeds start crackling, add water and bring to the boil. Reduce heat, add semolina and mix by stirring constantly.
2. Remove the pan from the heat and allow the mixture to cool. Add green chilli paste, onions, yoghurt, green coriander, and curry leaves. Knead to a thick dough.
3. Divide the dough equally into 4-5 balls. Pat the balls on a wet cloth or polythene sheet to make thick roti.
4. Heat a griddle (*tawa*); lay a roti flat on it and fry with enough oil on both sides. Remove and repeat till all the roti are fried.

Note: Use fresh not roasted semolina.

Serves: 4

Puri

Unleavened wholewheat fried, puffed bread

Ingredients:

Wholewheat flour (<i>atta</i>)	1¼ cups / 125 gm / 4 oz
Salt to taste	
Vegetable oil	2 tsp / 10 ml
Water	½ cup / 125 ml / 4 fl oz
Vegetable oil for deep-frying	

Serves: 4

Method:

1. Sift the wholewheat flour and salt together. Add oil and mix well.
2. Make a well in the flour mixture, add cold water and knead into a hard dough.
3. Divide the dough into 25 equal-sized balls and place them on a lightly floured surface. Cover with a kitchen cloth for 5-10 minutes.
4. Flatten each ball between the palms to make a disc, 4.5 cm in diameter. Roll out each of them to form a 10 cm disc.
5. Heat the oil in a wok (*kadhai*); deep-fry the discs until they puff up. Remove and drain on paper towels. Serve hot.



Luchi

Deep-fried flour bread

Ingredients:

Refined flour (<i>maida</i>)	5 cups / 500 gm / 1.1 lb
Ghee	¼ cup / 50 gm / 1¾ oz
Salt	½ tsp / 3 gm
Water	½ cup / 125 ml / 4 fl oz
Ghee for frying	

Serves: 2-4

Method:

1. Make a stiff dough with flour, ghee, salt, and water. Keep aside to rest for 2 hours.
2. Separate the dough into small round lemon-sized balls.
3. Roll out the balls into flat discs, about 4" in diameter.
4. Heat the ghee for frying; deep-fry the discs till golden brown in colour.
5. Serve hot as an accompaniment.

Bharvin Puri

Black gram-stuffed fried bread

Ingredients:

Wholewheat flour (<i>atta</i>)	5 cups / 500 gm / 1.1 lb
Salt to taste	
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
For the stuffing:	
Whole black gram (<i>urad dal</i>), soaked overnight, drained	1 cup / 150 gm / 5 oz
Asafoetida (<i>hing</i>)	a pinch
Fennel (<i>moti saunf</i>), pounded	1 tbsp / 6 gm
Coriander (<i>dhaniya</i>) seeds, crushed	4 tsp / 8 gm
Red chilli powder	1 tsp / 2 gm
Vegetable oil for frying	

Serves: 6-8

Method:

1. Sift the flour and salt. Mix in the oil and knead with enough water to make a smooth dough.
2. **For the stuffing**, remove the skin of the black gram by rubbing between your palms. Grind the black gram with all the spices to a coarse, sticky paste.
3. Divide the flour dough equally into 20 balls. Flatten each ball, grease the top surface and add 1 tbsp paste. Bring the edges together to seal the filling. Make a ball and roll each out to a 3" disc. Repeat with the other balls.
4. Heat the oil in a wok (*kadhai*); deep-fry the discs, on low heat, till golden on both sides. Remove and drain. Before serving, fry the puffs again till crisp.
5. Serve hot with *aloo ki khatti tarkari* (see p. 293)



Matar Ki Puri

Shallow fried bread stuffed with green peas

Ingredients:

Refined flour (<i>maida</i>)	3 cups / 300 gm / 11 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
For the filling:	
Green peas (<i>hara matar</i>), shelled, ground to a smooth paste	400 gm / 14 oz
Ghee	2-3 tbsp / 30-45 gm / 1-1½ oz
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Sugar	½ tsp / 1½ gm
Soda bicarbonate	a pinch

Makes: 15

Method:

1. **For the filling**, heat the ghee in a pan; add all the ingredients and sauté till the mixture leaves the sides of the wok and is not sticky to touch. Remove and divide the mixture into 15 portions.
2. Rub 1 tbsp oil into the refined flour and knead with enough water into a soft dough. Divide the dough equally into 15 portions.
3. Take a portion of the dough, make a hollow in the centre and fill a portion of the green-pea mixture. Fold over the edges to seal the filling inside. Repeat till all are done. Cover the stuffed balls with a moist cloth and keep aside for 10-15 minutes.
4. With the help of dry flour, roll out each ball into a thin disc of 10" diameter.
5. Roast the disc on a griddle (*tawa*) on both sides using 1½ tsp oil. Remove and repeat with the other discs. Cover with aluminium foil.

Moong Dal Puri

Stuffed green gram bread

Ingredients:

Refined flour (<i>maida</i>)	2¼ cups / 250 gm / 9 oz
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Asafoetida (<i>hing</i>)	a pinch
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Split green gram (<i>dhuli moong dal</i>), soaked for 2 hours, drained and ground to a paste	1 cup / 200 gm / 7 oz
Red chilli powder	2 tbsp
Salt to taste	
Garam masala	1 tsp / 2 gm

Makes: 12-13

Method:

1. Heat 2 tbsp oil in a pan; add asafoetida and cumin seeds, sauté for a few seconds. Add the green gram paste, and the remaining ingredients; sauté till the mixture leaves the sides of the pan and is soft.
2. Rub 1 tbsp oil into the refined flour and knead with enough water into a soft dough. Divide the dough equally into 12-13 portions.
3. Take a portion, make a hollow in the centre and fill with the green gram mixture. Seal the filling inside. Repeat with the other portions. Cover the stuffed balls with a moist cloth and keep aside for 10-15 minutes. Roll out each portion into a thin disc of 10" diameter with some dry flour.
4. Roast the disc on a griddle (*tawa*) on both sides with 1½ tsp oil. Remove and repeat with the other discs. Cover with aluminum foil. They can be eaten cold with *sangar ka saag* (see p. 326).



Masala Puri

Deep-fried puffed bread

Ingredients:

Refined flour (<i>maida</i>), sieved	2 cups / 200 gm / 7 oz
Salt	½ tsp / 2 gm
Cayenne pepper or paprika	a pinch
Turmeric (<i>haldi</i>) powder	a pinch
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Cumin (<i>jeera</i>) powder	1½ tsp / 2½ gm
Vegetable oil	½ tbsp / 5 ml
Water, warm	¾ cup / 150 ml / 5 oz
Vegetable oil for frying	

Serves: 5-6

Method:

1. Mix the refined flour, salt, cayenne pepper, turmeric powder, coriander powder, and cumin powder. Add oil and mix till it is well incorporated. Add water, knead into a medium-soft dough.
2. Lightly grease your palms and knead until the dough is smooth and pliable. Brush with oil and keep aside for 3 hours.
3. Knead again briefly and divide the dough into 16 equal portions; shape each into balls. Compress each into a 2" patty. Dip one end of the patty in oil and roll out into a 5" round; place on a flat surface. Similarly, roll out the other portions.
4. Heat the oil in a wok (*kadhai*); fry one round at a time until it puffs up and is golden brown on both sides. Remove and serve hot.

Bedvi

Split black gram savoury rolls

Ingredients:

Black gram, split (<i>dhuli urad dal</i>), washed	1 cup / 150 gm / 5 oz
Refined flour (<i>maida</i>), sieved	1 cup / 100 gm / 3½ oz
Salt	1½ tsp / 6 gm
Semolina (<i>suji</i>)	1 cup / 100 / 3½ oz
Water	½ cup / 125 ml / 4 fl oz
Ginger (<i>adrak</i>), chopped	1 tbsp / 24 gm
Green chillies, chopped	2 tsp
Onion seeds (<i>kalonji</i>)	a pinch
Asafoetida (<i>hing</i>)	a pinch
Garam masala	a pinch
Cooking soda	½ tsp / 2 gm
Vegetable oil	4 tsp / 20 ml
Vegetable oil for frying	

Method:

1. Soak the split black gram in water for 45 minutes.
2. Mix the flour, salt, and semolina together. Add water and make a medium-strong dough. Flatten the dough with wet fingertips and divide into 16 equal parts.
3. **For the filling**, grind the drained gram, ginger, and green chillies to a paste. Add onion seeds, asafoetida, garam masala, and cooking soda. Divide into 16 equal portions.
4. Flatten one part of the dough and place one part of the filling in it. Shape into a ball.
5. Roll out each ball to a diameter of 5 cm, using oil.
6. Deep-fry in hot oil till golden brown. Remove and drain the excess oil on absorbent kitchen towels. Serve hot.

Serves: 4



Bhature

Deep-fried leavened bread

Ingredients:

Refined flour (<i>maida</i>)	4 cups / 400 gm / 14 oz
Baking powder	1 tsp / 6 gm
Salt	1 tsp / 4 gm
Sugar	1 tsp / 3 gm
Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Warm water	6 tbsp / 90 ml / 3 fl oz
Ghee	1 tbsp / 15 gm
Vegetable oil for frying	

Serves: 4-6

Method:

1. Sift the refined flour, baking powder, and salt together. Add sugar, yoghurt, and warm water to make a smooth dough. Grease your palms with 1 tbsp oil and continue to knead till the dough becomes pliable. Cover with a moist cloth and keep aside for 2 hours.
2. Divide the dough into 12 lemon-sized balls. Roll them out into discs of 4" diameter.
3. Heat the oil in a wok (*kadhai*); fry each disc until it puffs up. Turn and cook the other side too. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
4. Serve hot with Punjabi *chana* (see p. 316).

Paratha

Unleavened bread fried on a griddle

Ingredients:

Wholewheat flour (<i>atta</i>)	5 cups / 500 gm / 1.1 lb
Salt to taste	
Ghee	1 cup / 200 gm / 7 oz
Water	1 cup / 250 ml / 8 fl oz

Serves: 4-5

Method:

1. Sift the wholewheat flour and salt in a bowl, incorporate 2 tbsp ghee, add the water gradually, and knead to a smooth dough.
2. Divide the dough into 5 equal portions and shape each into balls. Dust each with flour, cover with a damp cloth and keep aside for 10 minutes.
3. Flatten each ball and roll out. Brush with ghee and fold over. Brush the folded surface with ghee and fold over again to form a triangle. Roll out the triangle with a rolling pin.
4. Heat a griddle (*tawa*) and brush the surface with ghee. Place the paratha on the griddle and fry for a few minutes. Coat with a little ghee, turn over and fry the other side as well. Both sides of the paratha should be crisp and delicately browned.
5. Remove and serve immediately.



Lachha Paratha

Shallow fried layered unleavened bread

Ingredients:

Refined flour (<i>maida</i>)	4 cups / 400 gm / 14 oz
Salt to taste	
Milk	1¼ cups / 250 ml / 9 oz
Fennel (<i>moti saunf</i>), pounded	2 tsp / 4 gm
Ghee	¾ cup / 150 gm / 5 oz
Ghee for shallow frying	
Water	½ cup / 125 ml / 4 fl oz

Serves: 4

Method:

1. Sift flour and salt together. Make a well in the mixture and pour in the milk and water. Mix gradually and knead into a dough. Cover with a moist cloth and keep aside for 10 minutes.
2. Melt ½ cup ghee, add to the dough, kneading constantly to make it soft and smooth.
3. Add fennel and knead again for 5 minutes.
4. Divide into 12 equal balls, dust lightly and roll into 6" discs. Apply 1 tsp ghee evenly over one side.
5. Make a radial cut and fold the disc into a narrow conical shape. Place flat side of the cone on the palm and twist palms together in a round movement to compress the dough into a thick flat round (*pedha*). Dust with flour, roll it out into an 8" disc. Refrigerate for an hour on butter paper.
6. Heat the griddle and shallow fry the paratha on both sides on low heat till golden.
7. Serve hot with *raita*.

Aloo Paratha

Potato-stuffed unleavened bread

Ingredients:

Wholewheat flour (<i>atta</i>)	½ cup / 50 gm / 1¾ oz
Ghee	1 tbsp / 15 gm
For the filling:	
Potatoes, boiled, mashed	1 cup
Garam masala	½ tsp / 1 gm
Red chilli powder	¾ tsp / 1½ gm
Coriander (<i>dhaniya</i>) seeds, roasted, powdered	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Onion, chopped	1 tbsp / 12 gm
Salt to taste	
Ghee for shallow frying	

Method:

1. Sift the wholewheat flour. Rub in the ghee with the fingertips. Knead with enough cold water to make a soft dough.
2. **For the filling**, mix all the ingredients together. Divide the filling into 10 equal portions.
3. Divide the dough equally into 10 portions. Flatten each out into a small disc. Place 1 portion of the filling in the centre, press the edges to seal and reshape into a ball. Roll each ball out into an 8" disc, dusting with dry flour to prevent sticking.
4. Heat a griddle (*tawa*); cook the disc, drizzling 1 tsp ghee, till tiny brown spots appear on both sides. Similarly repeat with the other discs.
5. Serve hot with yoghurt, chutney and pickle.

Serves: 4



Pudina Paratha

Mint-flavoured unleavened bread

Ingredients:

Wholewheat flour (<i>atta</i>)	5 cups / 500 gm / 1.1 lb
Salt	1 tsp / 4 gm
Ghee	¾ cup / 150 gm / 5 oz
Water	1 cup / 250 ml / 8 fl oz
Mint (<i>pudina</i>) leaves, dried	1 tbsp / 4 gm

Method:

1. Mix the wholewheat flour with salt and half of the ghee. Add water and knead to a smooth dough. Cover and keep aside for 30 minutes.
2. Shape the dough into a ball, roll out into a big, round disc. Smear the remaining ghee and sprinkle dried mint leaves.
3. Pleat the dough into 1 collected strip. Divide equally into lemon-sized portions and roll each out into 6"-diameter pancake.
4. Heat a griddle (*tawa*) / tandoor and cook till brown spots appear on both sides.
5. Remove and serve hot.

Serves: 4

Gobhi Paratha

Cauliflower-stuffed unleavened bread

Ingredients:

Wholewheat flour (<i>atta</i>), sieved	4 cups / 400 gm / 14 oz
Salt	½ tsp / 2 gm
Ghee	1¼ cups / 250 gm / 9 oz
Water, warm	1 cup / 250 ml / 8 fl oz
For the filling:	
Ginger (<i>adrak</i>), grated	2 tbsp / 36 gm / 1¼ oz
Cauliflower (<i>phool gobhi</i>), grated	450 gm / 1 lb
Garam masala	2 tsp / 4 gm
Salt to taste	

Method:

1. Mix the wholewheat flour and salt in a bowl. Incorporate ¼ cup ghee. Add water gradually, and knead to a smooth dough. Divide the dough into 20 equal portions and shape each into balls. Cover with a damp cloth. Keep aside for 10 minutes.
2. **For the filling**, heat the remaining ghee in a pan on moderate heat; add ginger and cauliflower. Sauté until the cauliflower softens. Add garam masala and salt. Remove from heat. Divide the filling into 10 portions and keep aside.
3. Flatten a ball of dough into a 2" patty. Dust both the sides with flour, roll out into a 6" round. Similarly, roll out the other portions.
4. Spread one portion of the filling evenly over one round leaving a ½" border around the edges. Place another round on top of the filling. Smooth the surface to ease out any air bubbles, pinch the edges to seal in the filling. Cover and set aside on a lightly floured surface. Similarly, prepare the other portions.
5. Heat a griddle (*tawa*); brush the surface with ghee. Place the stuffed paratha on the griddle and cook for a few seconds, brush with ghee, turn over and similarly fry the other side. Both sides of the paratha should be crisp and delicately browned. Remove and serve immediately.

Variation: *Substitute cauliflower with grated white radish or mashed green peas.*

Serves: 4-5



Masala Paratha

Spicy unleavened shallow fried bread

Ingredients:

Wholewheat flour (<i>atta</i>)	2 cups / 200 gm / 7 oz
Cumin (<i>jeera</i>) seeds, roasted, coarsely powdered	¾ tsp
Salt	1 tsp / 4 gm
Red chilli powder	1 tsp / 2 gm
Mango powder (<i>amchur</i>)	½ tsp / 1 gm
Garam masala	½ tsp / 1 gm
Yoghurt (<i>dahi</i>), fresh, thick	½ cup / 100 gm / 3½ oz
Milk	½ cup / 100 ml / 3½ fl oz
Vegetable oil for the dough	5 tsp / 25 ml
Vegetable oil for frying	

Method:

1. Mix all the dry ingredients together in a mixing bowl.
2. Pour yoghurt, milk, and oil; knead to a smooth dough. Keep the dough covered for 3-4 hours.
3. Divide the dough equally into 4-5 portions. Roll each portion out into a thick disc.
4. Heat a griddle (*tawa*); lay the disc flat on it and fry on both sides till light brown. Remove and repeat till all are fried.

Serves: 4



Malabar Parotta

Shallow fried layered bread

Ingredients:

Refined flour (<i>maida</i>)	2 cups / 200 gm / 7 oz
Baking powder	1 tsp / 6 gm
Ghee	6 tbsp / 90 gm / 3 oz
Salt to taste	
Water as required	

Method:

1. Sift the refined flour and baking powder.
2. Add 1½ tbsp ghee and rub well till well incorporated. Add salt and enough water (approximately ¾ cup) and knead well to form a soft dough.
3. Divide the dough equally into 8 balls. Roll each out into a thin disc and smear ghee over the surface. Then roll the disc from one end to the other and then coil it around. Repeat with the other balls. Keep aside for 15 minutes.
4. Roll the coils again into thin discs.
5. Heat the griddle (*tawa*) over low heat; place a disc flat over it and cook for a few minutes. Turn the disc over and smear some ghee over and around it. Turn again and do the same on the other side and fry till both sides are golden brown. Remove and repeat till all are done.
6. Serve hot.

Serves: 4

Khasta Kachori

Deep-fried flour puffs

Ingredients:

Refined flour (<i>maida</i>)	2 cups / 200 gm / 7 oz
Salt to taste	
Soda bicarbonate	a pinch
Ghee	1 tbsp / 15 gm
For the filling:	
Split black gram (<i>dhuli urad dal</i>), washed, soaked for 2 hours, drained	1 cup / 150 gm / 5 oz
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Asafoetida (<i>hing</i>)	a pinch
Coriander (<i>dhaniya</i>) powder	2 tsp / 3 gm
Red chilli powder	½ tsp / 1 gm
Salt	1 tsp / 4 gm

Vegetable oil for frying

Method:

1. Sift the flour, salt, and soda bicarbonate. Rub in the ghee and knead with enough water to make a hard dough. Keep aside for 30 minutes.
2. **For the filling**, grind all the ingredients together coarsely on a stone slab or in a mixer. Sauté the filling in 1 tbsp ghee till golden. Keep aside to cool.
3. Divide the flour dough into 16 balls. Shape each ball into a small cup; fill 1 tbsp filling into the hollow, pinch together to seal and pat into rounds.
4. Heat the oil in a wok (*kadhai*); deep-fry the rounds, a few at a time, on low heat till they puff up and become crisp and golden. Remove and drain the excess oil on absorbent kitchen paper towels. Serve hot.

Serves: 8



Motor Chuti Kachori

Green pea puffs

Ingredients:

Green peas (<i>hara matar</i>), shelled	500 gm / 1.1 lb
Cumin (<i>jeera</i>) seeds	2 tbsp / 12 gm
Dry red chillies (<i>sookhi lal mirch</i>)	4 tsp / 20 gm
Green cardamom (<i>choti elaichi</i>)	2 tsp / 10 gm
Ghee	2 tbsp / 30 gm / 1 oz
Salt to taste	
Red chilli powder	2 tbsp / 10 gm
Refined flour (<i>maida</i>)	1½ cups / 150 gm / 5 oz
Water	4 tbsp / 60 ml / 2 fl oz
Ghee	2 tbsp / 30 gm / 1 oz
Vegetable oil / Ghee for frying	

Serves: 2-4

Method:

1. Grind the green peas into a paste.
2. Broil the cumin seeds, dry red chillies, and green cardamom. Then powder them. Keep aside.
3. Heat the ghee in a pan; cook the green pea paste with salt, red chilli powder, and the broiled powder. Keep the stuffing aside.
4. Make a stiff dough by using flour, water, and ghee. Allow the dough to rest for 2 hours in the fridge.
5. Divide the dough into equal-sized balls. Take each ball, make a well in the middle, add the stuffing and cover it. Shape like small patties and deep-fry till golden. Serve hot.

Urad Kachori

Fried bread stuffed with black gram

Ingredients:

Black gram (<i>urad dal</i>), soaked for 1½ hours	2/3 cup / 100 gm / 3½ oz
Refined flour (<i>maida</i>)	2 cups / 200 gm / 7 oz
Semolina (<i>suji</i>)	1 cup / 150 gm / 5 oz
Asafoetida (<i>hing</i>)	a pinch
Onion seeds (<i>kalonji</i>)	½ pinch
Salt to taste	
Vegetable oil	1½ tbsp / 22 ml

Makes: 20

Method:

1. Drain the black gram and grind to a smooth paste.
2. Mix black gram paste with the remaining ingredients. Add a little water and knead to make a soft dough. Keep aside for 1 hour.
3. Before frying, knead the dough again with well-greased palms and on a well-greased table top. Divide the dough into lemon-sized balls. Roll each ball out carefully into a 5" diameter disc.
4. Heat the oil in a wok (*kadhai*); fry the discs, one by one, turning them over frequently, on high heat till golden. They will be slightly white on the edges. Remove with a slotted spoon and drain the excess oil on paper towels.
5. Serve hot with *aloo dum* (see p. 294).



Badshahi Naan

Deep-fried leavened flour bread

Ingredients:

Refined flour (<i>maida</i>)	10 cups / 1 kg / 2.2 lb
Yeast, granulated	2 tsp / 8 gm
Sugar	2 tsp / 8 gm
Water, lukewarm	1 cup / 250 ml / 8 fl oz
Salt to taste	
Butter	4 tsp / 20 gm
Milk, warm	1 cup / 200 ml / 7 fl oz
Eggs, beaten	2
Onion seeds (<i>kalonji</i>)	1 tsp / 1½ gm
Ghee for deep-frying	

Serves: 6

Method:

1. Mix the yeast, sugar, and water together. Keep aside for 10 minutes.
2. Sift the flour and salt. Rub in the butter till the mixture becomes crumbly.
3. Add the yeast mixture, milk, and eggs; knead into a smooth, elastic dough. Cover with a damp cloth and keep in a warm place to rise. It should rise to almost double its volume.
4. Knead again and divide the dough into 16 balls. Roll each out into a ¾"-thick disc. Lay the discs on a greased tray; sprinkle onion seeds. Let the discs rise again till they double in size.
5. Deep-fry the discs in a wok till golden brown. Remove and drain the excess oil. Serve hot.

Aloo Kachori

Deep-fried, stuffed potato patties

Ingredients:

Refined flour (<i>maida</i>)	4 cups / 400 gm / 14 oz
Salt	1 tsp / 4 gm
Ghee	4 tbsp / 60 gm / 2 oz
Yoghurt (<i>dahi</i>)	2 tbsp / 60 gm / 2 oz
Water, chilled	½ cup / 125 ml / 4 fl oz
Green chillies, deseeded, finely chopped	2-3
Ginger (<i>adrak</i>), finely chopped	1½ tsp / 9 gm
Potatoes, boiled, mashed	300 gm / 11 oz
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Fennel (<i>moti saunf</i>), ground	½ tsp
Garam masala	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	a pinch
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml
Salt	1 tsp / 4 gm
Green coriander (<i>hara dhaniya</i>), finely chopped	2 tbsp / 8 gm
Vegetable oil for frying	

Serves: 4

Method:

1. Mix the flour and salt in a mixing bowl. Add ghee, rub until fully incorporated and the mixture resembles coarse breadcrumbs. Add yoghurt and 6 tbsp chilled water; knead to make a smooth and pliable dough. Cover with plastic wrap and keep aside for half an hour.
2. Combine the remaining ingredients except oil in a mixing bowl and knead with hands until well blended. Divide into 18 portions; keep aside.
3. Divide the dough equally into 18 portions. Shape each portion into a patty. Cover with a damp towel or plastic wrap and set aside.
4. Flatten each patty into a 2½" or 6.5 cm round. Place one portion of filling in the centre of the dough, then bring the sides of the dough over the filling to enclose completely. Pinch the seams together until thoroughly sealed. Cover with a plastic wrap or a moist towel. Keep aside. Shape and stuff the remaining patties.
5. Heat the oil in a wok (*kadhai*) till it starts smoking. Slip in a few patties (seam-side down) at a time. Fry until pale golden in colour and until they sound hollow when tapped. The crust should be delicately blistered and crisp. Drain excess oil and serve hot, accompanied by tomato ketchup.



Taftan

Rich, leavened, rice flour bread

Ingredients:

Rice flour	2 cups / 200 gm / 7 oz
Salt to taste	
Water	½ cup / 125 ml / 4 oz
Sugar	½ tsp / 1½ gm
Milk	1 cup / 200 ml / 7 fl oz
Ghee	¾ cup / 150 gm / 5 oz
Yeast	½ tsp
Melon (<i>magaz</i>) seeds	2 tsp / 4 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Butter / Ghee for brushing	

Method:

1. Sift flour and salt together.
2. Make a well in the flour and add water, sugar, milk, ghee, yeast, and melon seeds. Mix gradually and knead into a soft dough.
3. Divide into 4 equal balls and keep aside for half an hour.
4. Dust lightly and roll into 3½" discs, ¼" thick. Sprinkle with green coriander.
5. Put into a tandoor and bake till brown.
6. Brush with ghee. Serve hot.

Serves: 4

Naan

A light, leavened bread

Ingredients:

Refined flour (<i>maida</i>)	2 cups / 200 gm / 7 oz
Salt to taste	
Baking soda	¼ tsp
Baking powder	1 tsp / 6 gm
Whisk together:	
Milk	3 tbsp / 45 ml / 1½ fl oz
Sugar	2 tsp / 6 gm
Yoghurt (<i>dahi</i>)	5 tsp / 25 gm
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onion seeds (<i>kalonji</i>)	1 tsp / 2 gm
Melon (<i>magaz</i>) seeds	1 tsp / 2 gm
Ghee for greasing the baking tray	
White butter	2 tbsp / 40 gm / 1¼ oz

Method:

1. Sieve the first 4 ingredients onto a kneading platter. Make a well in the centre; mix in 1 cup water and milk mixture and knead to make a dough. Cover with a moist cloth and keep aside for 10 minutes.
2. Add oil and knead again. Cover the dough and keep aside for 2 hours till it rises. Divide the dough into 6 balls. Flatten balls and sprinkle onion and melon seeds. Cover and keep aside for 5 minutes.
3. Roll and flatten each ball between your palms. Stretch the dough to one side to give an elongated shape (naan). Using oven gloves, stick the naan inside a hot tandoor for 3 minutes or place the naan on a greased tray and bake in an oven for 10 minutes at 180°C / 350°F. Apply butter (optional) and serve.

Serves: 4



Bakar Khani

Green cardamom-flavoured leavened bread

Ingredients:

Refined flour (<i>maida</i>)	3 cups / 300 gm / 11 oz
Semolina (<i>suji</i>)	1 cup / 100 gm / 3½ oz
Milk	3 tbsp / 60 ml / 2 fl oz
Ghee	2 tbsp / 30 gm / 1 oz
Green cardamom (<i>choti elaichi</i>)	
powder	3 tsp / 6 gm
Ginger powder (<i>sonth</i>)	2 tsp / 4 gm
Sugar	7 tsp / 20 gm
Salt	2 tsp / 8 gm
Water as required	
Butter	5 tbsp / 100 gm / 3½ oz

Method:

1. Mix the refined flour, semolina, milk, ghee, green cardamom powder, dry ginger powder, sugar, and salt thoroughly.
2. Gradually, add water and knead into a smooth dough. Divide the dough equally into 8 portions and shape each into balls. Roll out each ball into a 6" diameter.
3. Cook in a tandoor or a griddle (*tawa*) until brown on all sides.
4. Remove from the tandoor or griddle, smear butter and serve hot.

Serves: 4

Sheermal

Delicious rich leavened bread

Ingredients:

Refined flour (<i>maida</i>), sieved	4 cups / 400 gm / 14 oz
Salt to taste	
Milk	1 cup / 200 ml / 7 fl oz
Sugar	2 tsp / 6 gm
Vetivier (<i>kewda</i>) essence	2 drops
Ghee, melted	1 cup / 200 gm / 7 oz
Saffron (<i>kesar</i>), dissolved in 1 tbsp milk	a pinch
White butter for brushing	

Serves: 4

Method:

1. Heat the milk, add the sugar and stir till it dissolves completely. When cool, add the vetivier essence.
2. Mix the salt with the flour. Add sweetened milk and knead into a soft dough. Cover with a moist cloth and keep aside for 10 minutes.
3. Remove the cloth and knead the dough again, with small amounts of ghee, at a time.
4. Divide the dough equally into 12 balls. Cover and keep aside for 10 minutes. Roll out the balls into 8"-round discs. Prick all over with a fork. Arrange them on a greased baking tray and bake in a preheated oven at 180°C / 350°F for 4 minutes. Remove, brush with saffron and bake again for 4 minutes.
5. Serve immediately smeared with white butter.



Sada Kulcha

Plain baked bread

Ingredients:

Milk	1 cup / 200 ml / 7 fl oz
Sugar	1 tsp / 6 gm
Yeast	3 tsp
Refined flour (<i>maida</i>)	4 cups / 400 gm / 14 oz
Salt	1 tsp / 4 gm
Ghee	1 tbsp / 15 gm
Yoghurt (<i>dahi</i>)	4 tbsp / 120 gm / 4 oz
Water	½ cup / 125 ml / 4 fl oz
Poppy seeds (<i>khus khus</i>)	2 tbsp / 18 gm

Serves: 3-4

Method:

1. Warm the milk in a pan; add sugar and yeast. Remove from heat and leave aside to froth for 20 minutes.
2. Sift the flour with salt. Pour the yeast mixture and ghee. Mix well. Slowly add the yoghurt and knead into a soft dough. Cover with a moist cloth and leave aside for 6 hours.
3. Knead well again, if required, and add a little warm water. Divide the dough into 10 lemon-sized portions and roll them out into thick discs of 5" diameter. Place them on a baking tray. Cover with a damp cloth for another 30 minutes to rise.
4. Brush the top with a little milk or ghee and sprinkle with poppy seeds.
5. Bake in a preheated oven for 10 minutes. Remove and shallow fry on a griddle (*tawa*) with oil till golden.

Appam

Lacy rice pancakes

Ingredients:

Rice, raw	2 cups / 400 gm / 14 oz
Rice, cooked	1 cup
Sugar	2 tbsp / 40 gm / 1¼ oz
Coconut (<i>nariyal</i>), grated	1 cup / 100 gm / 3½ oz
Yeast	½ tsp
Vegetable oil for shallow frying	

Serves: 4-6

Method:

1. Grind the raw and cooked rice, sugar, coconut, with enough water to make a batter of pouring consistency.
2. Mix in the yeast and leave the batter to ferment overnight.
3. Heat a heavy-bottomed vessel; rub a little oil and pour 2 tbsp batter. Twirl the vessel around till the batter coats it. Sprinkle some oil and cook covered for 2 minutes or till the base is golden and the top surface is soft and pale. Remove and repeat with the remaining batter.
4. Serve hot with lamb stew or egg masala.



Idiappam

String hoppers

Ingredients:

Rice flour	1 cup / 115 gm / 4 oz
Water	1 cup / 250 ml / 8 fl oz
Salt to taste	
Vegetable oil	1½ tbsp / 22 ml

Serves: 4

Method:

1. Boil the water, salt, and oil in a covered vessel. Lower heat and slowly add the rice flour; mix continuously so that the mixture is lump-free.
2. Remove the vessel from the heat. Knead the mixture with pressure. Put some dough into a vermicelli press and press onto a muslin cloth.
3. Steam for 3 minutes in a steamer or till cooked.
4. Repeat till all the dough has been used.

Bati

Baked wheat flour bread dipped in ghee

Ingredients:

Wholewheat flour (<i>atta</i>)	4 cups / 400 gm / 14 oz
Ghee	3½ tbsp / 52 gm / 1¾ oz
Salt	1 tsp / 4 gm
Sugar	½ tsp / 1½ gm
Soda bicarbonate	½ tsp / 3 gm
Ghee to dip the <i>bati</i> in before serving	

Method:

1. Sift the wholewheat flour, rub in 3 tbsp ghee. Add salt, sugar, and soda bicarbonate.
2. Knead with approximately ¾ cup water into a hard dough. Cover the dough with a moist cloth and keep aside for 1 hour.
3. Divide the dough equally into lemon-sized portions. Shape each into smooth rounds with your palms and steam for 20 minutes in an electrical steamer or in a pressure cooker (without the whistle).
4. Now roast them on a coal fire or in a tandoor till they are well done. Wipe with a clean cloth, dip in hot ghee and serve immediately with *panchmela dal* (see p. 250).

Variations: To make stuffed bati, make a filling of gram flour, carom seeds, red chilli powder, and salt with a little water. Make a hollow in the centre of each round and stuff in this filling. Smoothen each round before steaming.

Serves: 6-8



Matar Bati

Baked wheatflour bread stuffed with green peas

Ingredients:

Bati dough (see p. 250)	1 quantity
Green peas (<i>hara matar</i>)	150 gm / 5 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Onion, medium-sized, chopped	1
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Red chilli powder	½ tsp / 1 gm
Green chillies, chopped	1 tsp
Tomato, medium-sized, chopped	1
Green coriander (<i>hara dhaniya</i>), chopped	2 tbsp / 8 gm

Method:

1. Heat the oil in a wok (*kadhai*); add cumin seeds; when they crackle, add the onion and sauté till it is well browned.
2. Add coriander powder, red chilli powder, green chillies, and tomato. Cook till the tomato becomes soft.
3. Add green peas. Lower heat and cook till they become tender and the excess liquid dries. Garnish with green coriander.
4. When the mixture cools, fill small portions of it in the *bati* (see recipe for *Dal-Bati-Choorma* on p. 250) and bake in an oven, as mentioned.

Variation: For non-vegetarian bati, use lamb mince instead of green peas.

Serves: 4-6

Methi Na Thepla

Thin chapatti flavoured with fenugreek

Ingredients:

Fenugreek (<i>methi</i>) leaves, finely chopped	1 cup / 30 gm / 1 oz
Wholewheat flour (<i>atta</i>)	2 cups / 200 gm / 7 oz
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Cumin (<i>jeera</i>) powder	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	½ tsp / ¾ gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Red chilli powder	1 tsp / 2 gm
Salt to taste	
Vegetable oil for shallow frying	

Serves: 4-5

Method:

1. Mix the fenugreek leaves with the wholewheat flour. Add all the other ingredients (except oil for frying), knead with just enough water to make a medium-soft dough.
2. Divide the dough equally into small, round balls. Roll out each ball into a very thin disc.
3. Heat a griddle (*tawa*) on high heat; lower heat, lay a disc flat over it and cook on both sides till small bubbles appear on the surface.
4. Increase heat to medium; sprinkle ½ tbsp oil around and ¼ tbsp oil over the disc. Fry on both sides till small brown spots appear. Remove and repeat with the other discs.
5. Serve warm or cold at teatime.



Methi Na Dhebra

Millet flour chapatti flavoured with fenugreek

Ingredients:

Fenugreek leaves (<i>methi</i>), chopped	2 cups / 60 gm / 2 oz
Millet flour (<i>bajre ka atta</i>)	1 cup / 100 gm / 3½ oz
Wholewheat flour (<i>atta</i>)	¼ cup / 25 gm
Gram flour (<i>besan</i>)	1 tbsp / 10 gm
Red chilli powder	½ tsp / 1 gm
Asafoetida (<i>hing</i>)	¼ tsp / 1 gm
Semolina (<i>suji</i>)	¼ tsp
Yoghurt (<i>dahi</i>), fresh	½ cup / 100 gm / 3½ oz
Garlic (<i>lasan</i>), fresh, chopped	1 tbsp / 12 gm
Green chillies, small, chopped	3
Vegetable oil	1 tbsp / 15 ml
Sugar	1 tsp / 3 gm
Salt to taste	
Vegetable oil for shallow frying	

Method:

1. Mix all the ingredients (except oil) and knead with just enough water to make a soft dough.
2. Divide the dough equally into small balls. Roll each ball out into a 4" disc.
3. Heat a griddle (*tawa*) on high heat. Lower heat to minimum and lay a disc flat over it; cook on both sides till small bubbles appear on the surface. Increase heat to medium; sprinkle ½ tbsp oil around the disc and ¼ tbsp oil on the surface of the disc. Fry till small brown spots appear on both sides. Remove from the griddle at once.
4. Repeat till all the discs are ready.
5. Serve warm or cold at teatime.

Serves: 4-5

Swari

Deep-fried bread

Ingredients:

Refined flour (<i>maida</i>)	2½ cups / 250 gm / 9 oz
Ghee for frying	
Water to make dough	

Serves: 2-4

Method:

1. Knead the flour with just enough water to make a stiff dough.
2. Smear a little ghee on the dough and keep aside for a while.
3. Make small balls of the dough and roll them into thin rounds, 6" in diameter.
4. Heat the ghee and fry the rounds. Remove immediately; do not brown. Fold them in half and put aside, covered, so that they do not get crisp.
5. Serve hot as an accompaniment.



Pathri

Rice bread from Malabar

Ingredients:

Rice flour	2 cups / 230 gm / 9 oz
Cumin (<i>jeera</i>) powder	½ tsp / ¾ gm
Red chilli powder to taste	
Salt to taste	
Ghee	2 tbsp / 30 gm / 1 oz

Serves: 4-6

Method:

1. Dry roast the rice flour, cumin powder, and red chilli powder for 4-5 minutes. Add salt and a little water and knead into a soft dough.
2. Divide the dough into 3 cm balls, then roll each out into thin rounds.
3. Place the rounds flat on a frying pan. Add 1 tsp ghee and cook till the bread is slightly brown on both sides.
4. Smear with ghee again and serve with any curry.

Ambakalio

Mango cooked in jaggery

Ingredients:

Mango, large, peeled, sliced	1
Ghee / Butter	3 tbsp / 45 gm / 1½ oz
Onion, large, sliced	1
Cinnamon (<i>dalchini</i>), 1" stick	1
Cloves (<i>laung</i>)	4-6
Green cardamom (<i>choti elaichi</i>)	4-6
Jaggery (<i>gur</i>)	6¼ tsp / 125 gm / 4 oz
Green chillies, seeded, chopped	2
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Salt	½ tsp / 2 gm
Water	½ cup / 125 ml / 4 fl oz

Method:

1. Heat the ghee / butter in a pan; add onion, cinnamon stick, cloves, and green cardamom. Sauté till light brown.
2. Add jaggery, mango, green chillies, green coriander, salt, and water. Simmer for 1-2 minutes and mix gently without breaking the mango slices.
3. Serve with *dhansak* (see p.110).

Serves: 4-6



Khatti Meethi Aam Ki Chutney

Sweet and sour mango chutney

Ingredients:

Green mangoes, large, raw, peeled, sliced	2 kg / 4.4 lb
Sugar	2 kg / 4.4 lb
Aniseed (<i>saunf</i>)	4 tbsp / 20 gm
Salt	2 tbsp / 16 gm
Red chilli powder to taste	
Dry red chillies (<i>sookhi lal mirch</i>) to taste	
Malt vinegar (<i>sirka</i>)	1 cup / 200 ml / 7 fl oz

Serves: 6

Method:

1. Mix the sugar and mangoes together thoroughly in a large pan.
2. Add the remaining ingredients (except vinegar) and cook on low heat till the sugar dissolves.
3. When the mangoes are soft, add malt vinegar. Cook for a few minutes till the syrup is quite thick.
4. Be careful not to over cook as the consistency will become thick when the mixture cools. Store in airtight jars.

Khajoor-Kishmish Chutney

Date and raisin chutney

Ingredients:

Dates (<i>khajoor</i>), destoned, cut into strips	500 gm / 1.1 lb
Raisins (<i>kishmish</i>), washed, soaked in hot water	1 cup / 100 gm / 3½ oz
Tamarind (<i>imli</i>), lemon-sized balls	3
Jaggery (<i>gur</i>)	1¼ cups / 250 gm / 9 oz
Water	2 cups / 500 ml / 16 fl oz
Salt to taste	
Red chilli powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds, roasted, powdered	½ tbsp / 3 gm
Ginger powder (<i>sonth</i>)	1 tsp / 2 gm

Method:

1. Soak the tamarind and jaggery in water for 30 minutes. Mash the soaked tamarind well and strain removing all the pulp.
2. Add salt, red chilli powder, cumin powder, and ginger powder to the tamarind mixture. Mix well.
3. Add the dates and drained raisins; mix well.
4. Let it rest for 30 minutes before serving.

Serves: 4-6



Sookhe Aam Ki Chutney

Dried mango chutney

Ingredients:

Dried mangoes, sliced, soaked for 1 hour	250 gm / 9 oz
Water	2 cups / 500 ml / 16 fl oz
Jaggery (<i>gur</i>)	½ cup / 100 gm / 3½ oz
Cumin (<i>jeera</i>) seeds	1 tbsp / 6 gm
Asafoetida (<i>hing</i>)	a pinch
Black peppercorns (<i>sabut kali mirch</i>), powdered	6-7
Black cardamom (<i>badi elaichi</i>), powdered	5-6

Method:

1. Boil the mangoes with water and jaggery; strain.
2. Dry roast the cumin seeds and asafoetida on a griddle (*tawa*) and grind to a fine powder.
3. Add this to the strained mango pulp.
4. Mix in the black pepper powder and black cardamom powder.

Variations: *Raisins and slices of bananas can also be added on festive occasions to this chutney.*

Serves: 6-8

Coconut Chutney

Ingredients:

Coconut (<i>nariyal</i>), grated	1 cup / 100 gm / 3½ oz
Ginger (<i>adrak</i>), chopped	1¼ tbsp / 30 gm / 1 oz
Button onions, finely chopped	4
Curry leaves (<i>kadhi patta</i>)	2 sprigs
Dry red chillies (<i>sookhi lal mirch</i>), large	3
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Tamarind (<i>imli</i>) paste	¾ tsp

Serves: 4-6

Method:

1. Grind the coconut, ginger, 2 onions, 1 sprig of curry leaves, and 1 dry red chilli together into a smooth paste.
2. Heat 1 tsp oil in a pan; add the mustard seeds, the remaining dry red chillies, curry leaves, and onions; sauté for a while. Then add coconut paste and stir for a minute.
3. Add tamarind paste, mix well and remove from heat.
4. Serve as an accompaniment.



Imli Ki Chutney

Tamarind chutney

Ingredients:

Tamarind (<i>imli</i>)	100 gm / 3½ oz
Jaggery (<i>gur</i>)	200 gm / 7 oz
Black salt (<i>kala namak</i>)	1½ tsp / 6 gm
Salt	2 tsp / 8 gm
Cumin (<i>jeera</i>) seeds, roasted, powdered	1½ tsp / 3 gm
Green cardamom (<i>choti elaichi</i>), powdered	4-5
Ginger powder (<i>sonth</i>)	½ tsp / 1 gm

Method:

1. Soak the tamarind and jaggery together for 4-5 hours.
2. Mash the two thoroughly with a wooden spoon or rub between your palms. Strain through a muslin cloth.
3. Add the remaining ingredients and bring the mixture to the boil, stirring continuously.
4. Cool and preserve.

Note: If refrigerated, this can stay for about 15-20 days.

Serves: 6-8

Lasan Chutney

Garlic relish

Ingredients:

Garlic (<i>lasan</i>) cloves, thick	15-16
Red chilli powder	2 tbsp
White vinegar (<i>sirka</i>)	4 tbsp / 60 ml / 2 fl oz
Salt to taste	
Vegetable oil	5 tbsp / 75 ml / 2½ fl oz

Method:

1. Mix all the ingredients together except the oil and blend to a smooth paste.
2. Heat the oil in a pan; sauté the garlic paste for 2-3 minutes. Remove the pan from the heat.
3. Cool and preserve.

Serves: 6-8



Hare Dhaniye Ki Chutney

Green coriander relish

Ingredients:

Green coriander (<i>hara dhaniya</i>)	4 cups / 100 gm / 3½ oz
Green chillies	2
Ginger (<i>adrak</i>), 1" piece	1
Garlic (<i>lasan</i>) cloves (optional)	2
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Lemon (<i>nimbu</i>) juice	1

Method:

1. Blend all the ingredients except the lemon juice to a smooth paste.
2. Store the relish in a dry glass jar, in the refrigerator.
3. Just before serving, add lemon juice, mix well and serve as an accompaniment.

Note: If garlic is used then omit cumin seeds.

Serves: 6-8

Kothmir Ni Chutney

Hot garlic, coriander and groundnut chutney

Ingredients:

Garlic (<i>lasan</i>) cloves	½ cup
Groundnuts (<i>moongphalli</i>), unroasted	1 cup / 200 gm / 7 oz
Cumin (<i>jeera</i>) seeds	2 tbsp / 12 gm
Green chillies	10
Sugar	3 tbsp / 60 gm / 2 oz
Juice of lemon (<i>nimbu</i>)	1
Salt to taste	
Green coriander (<i>hara dhaniya</i>), chopped	10 cups / 250 gm / 9 oz

Method:

1. Blend all the ingredients together except the green coriander to a smooth paste.
2. Add the green coriander and blend further into a smooth paste.
3. Store in a dry airtight jar, and refrigerate. Stays for up to 10-12 days.

Serves: 6-8



Kaachi Keri Ni Chutney

Raw mango chutney

Ingredients:

Mangoes, large, raw, peeled, deseeded, grated	250 gm / 9 oz
Cumin (<i>jeera</i>) seeds, roasted, powdered	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 cup / 25 gm
Sugar	1¼ tsp / 3¾ gm
Salt to taste	

Method:

1. Grind together all the ingredients into a smooth paste, adding minimum water.
2. Adjust seasoning to taste and serve.

Serves: 6-8

Chundo

Shredded mango pickle

Ingredients:

Mangoes, raw, peeled, shredded	1½ kg / 3.3 lb
Salt	1½ tbsp
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Sugar	10 cups / 1½ kg / 3.3 lb
Red chilli powder	½ cup
Cumin (<i>jeera</i>) seeds, roasted, ground	3 tbsp / 18 gm

Serves: 6-8

Method:

1. Mix mangoes, salt, and turmeric powder together with your hands. Keep aside for 2 hours.
2. Now add sugar, mix well; transfer the contents into a jar and keep aside for a day. Stir the mixture twice during the day.
3. Keep the jar covered with a muslin cloth, in the sun for 7 days. At night keep the jar indoor.
4. Before returning the jar to the sun in the mornings, stir once and retie the cloth.
5. On the eight day, add red chilli powder and cumin powder. Mix well, cover the jar and return to the sun for another 2 days.
6. Store the pickle in a dry, airtight glass jar. Stir once every 15 days, for a period of 2 months.



Tamater Chetin

Tomato chutney with raisins

Ingredients:

Tomatoes	2 kg / 4.4 lb
Water, boiling hot	12 cups / 3 lt / 96 fl oz
Sugar	2½ cups / 375 gm / 12½ oz
Vinegar (<i>sirka</i>)	1½ cups / 300 ml / 11 oz
Salt	5 tsp / 20 gm
Red chilli powder	2 tbsp
Ginger powder (<i>sonth</i>)	1 tbsp
Garam masala	1 tbsp
Ginger (<i>adrak</i>), chopped	5 tsp / 30 gm / 1 oz
Raisins (<i>kishmish</i>), soaked in water	½ cup / 50 gm / 1¾ oz

Method:

1. Immerse the tomatoes in boiling water. Cover with a lid and let them stand in hot water for 15 minutes. Remove and dry carefully with a cloth.
2. Peel and mash them to pulp. Add sugar and vinegar; cook till the mixture comes to the boil.
3. Add garam masala, ginger, and raisins. Cook on low heat, till sufficiently thick. Remove from heat, cool and bottle.

Serves: 4-6

Doon Chetin

Walnut chutney

Ingredients:

Walnuts (<i>akhrot</i>), without shell	½ cup / 60 gm / 2 oz
Onions, chopped	½ cup / 60 gm / 2 oz
Green chillies, chopped	2
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Red chilli powder	¼ tsp
Salt to taste	

Method:

1. Grind together the onions and green chillies to a smooth paste. Add walnuts and grind further for 30-40 seconds.
2. Transfer the mixture to a bowl. Mix in yoghurt, red chilli powder, and salt. Serve.

Serves: 8-10



Pudna Chetin

Kashmiri mint chutney

Ingredients:

Mint (<i>pudina</i>) leaves, washed	150 gm / 5 oz
Green chillies, chopped	2-3
Water	2 tsp / 10 ml
Yoghurt (<i>dahi</i>), whisked	2 tbsp / 40 gm / 1¼ oz
Salt to taste	

Method:

1. Grind mint and green chillies with water into a smooth paste. Transfer to a small bowl.
2. Mix yoghurt with the mint paste. Add salt to taste and serve.

Serves: 8-10



Marchavangan Chetin

Green chilli chutney

Ingredients:

Green chillies, diced	½ cup / 100 gm / 3½ oz
Salt to taste	
Water	2 tsp / 10 ml
Yoghurt (<i>dahi</i>), optional	1 tsp / 15 gm

Method:

1. Grind green chillies with salt and water into a coarse paste. Remove the lid of the grinder carefully or your eyes will sting.
2. Add yoghurt to this paste; mix well and serve.

Serves: 4-6

Muji Chetin

Radish chutney

Ingredients:

Radish (<i>mooli</i>), scraped, grated	¾ cup / 150 gm / 5 oz
Yoghurt (<i>dahi</i>), whisked	1 cup / 200 gm / 7 oz
Salt to taste	
Red chilli powder	½ tsp / 1 gm

Method:

1. Squeeze the radish with both your hands and then put it in the serving bowl.
2. Mix yoghurt with the radish. Add salt and red chilli powder; mix and serve.

Serves: 4-6



Tomato Khajoor Chutney

Tomato and date chutney

Ingredients:

Tomatoes, chopped	1 kg / 2.2 lb
Dates (<i>khajoor</i>), deseeded	1 cup / 50 gm / 1¾ oz
Vegetable oil	2 tsp / 10 ml
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Dry red chillies (<i>sookhi lal mirch</i>)	2
Sugar	½ cup / 75 gm / 2½ oz
Salt to taste	

Serves: 6-8

Method:

1. Heat the oil in a pan; add mustard seeds and dry red chillies. Sauté for a few seconds, till the mustard seeds crackle.
3. Add tomatoes and cook for 15 minutes. Add sugar and salt; stir till the sugar dissolves completely.
4. Cook till the mixture obtains a thick consistency. Mix in the dates.
5. Serve after it cools. When refrigerated this chutney can stay for up to 2-3 days.



Papaya Chutney

Ingredients:

Papaya, raw, diced	300 gm / 11 oz
Vegetable oil	4 tsp / 20 ml
Panch phoran (see p. 10)	1 tsp / 3 gm
Sugar	½ cup / 75 gm / 2½ oz
Water	¼ cup / 60 ml / 2 fl oz
Raisins (<i>kishmish</i>)	2 tbsp / 20 gm
Lemon (<i>nimbu</i>) juice	¼ cup / 50 ml / 1¾ fl oz

Serves: 2-4

Method:

1. Heat the oil in a wok (*kadhai*); add *panch phoran* and sauté for a few seconds.
2. Add papaya and sauté for 4 minutes. Add sugar, water, and raisins; cook till the papaya is soft and the water is nearly dried.
3. Pour in the lemon juice, mix well and remove from heat.
4. Serve chilled.

Kachri Ki Chutney

Tangy relish

Ingredients:

Kachri (see p. 9), ground	2 tbsp / 30 gm / 1 oz
Vegetable oil for frying	
Cumin (<i>jeera</i>) seeds, powdered	1 tsp / 2 gm
Garlic (<i>lasan</i>), ground	100 gm / 3½ oz
Onion, medium-sized, chopped	1
Dry red chillies (<i>sookhi lal mirch</i>), ground	2-3 tbsp / 30-45 gm / 1-1½ oz
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Salt to taste	

Method:

1. Heat 1 tsp oil in a pan; add cumin seeds and garlic. Sauté for a few seconds.
2. Add onion and fry till it browns.
3. Add the remaining ingredients and cook on low heat till the oil separates. Store in an airtight jar. If refrigerated this chutney will stay for a month.

Serves: 4-5



Aam Ki Launj

Mango relish

Ingredients:

Mangoes, raw, unpeeled	700 gm / 25 oz
Mustard (<i>sarson</i>) oil	½ cup / 75 ml / 2½ fl oz
Panch phoran (see p. 10)	1 tsp / 3 gm
Red chilli powder + salt to taste	
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	1½ tsp / 2 gm
Water	150 ml / 5 fl oz
Jaggery (<i>gur</i>)	150 gm / 5 oz

Method:

1. Heat the oil in a wok (*kadhai*); crackle the *panch phoran*. Add all the ingredients (except jaggery and water). Sprinkle 2-3 tbsp of water and cook covered for 5-7 minutes.
2. When the mangoes soften a little, add jaggery and ½ cup water. Cook till tender.

Serves: 6-8

Tamater Ki Launj

Tomato relish tempered with five seeds

Ingredients:

Tomatoes, chopped	750 gm / 25 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Panch phoran (see p. 10)	1 tsp / 3 gm
Green chillies, slit	2
Red chilli powder + salt to taste	
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm
Sugar	1 tbsp / 20 gm

Method:

1. Heat the oil in wok (*kadhai*); crackle the *panch phoran*. Add all the ingredients, mix well and cook covered on low heat for 7 minutes.
2. Add the sugar and cook till a gravy-like consistency is reached. Serve cold.

Serves: 4-6



Eruchina Kay Pachhadi

Groundnut chutney

Ingredients:

Groundnuts (<i>moongphalli</i>), roasted	¾ cup / 150 gm / 5 oz
Green chillies	8
Coconut (<i>nariyal</i>), fresh, grated	¼
Vegetable oil	2 tsp / 10 ml
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Split black gram (<i>urad dal</i>)	1 tsp / 5 gm
Curry leaves (<i>kadhi patta</i>)	10
Tamarind (<i>imli</i>), extract	1 tbsp / 15 gm
Salt to taste	

Method:

1. Grind the groundnuts, green chillies, and coconut together. Keep aside.
2. Heat the oil in a pan; add mustard seeds. When they crackle, add split black gram and fry till golden brown.
3. Add curry leaves, groundnut paste, tamarind extract, and check for seasoning. Cook for 2-3 minutes on medium heat.
4. Remove from heat, cool and then store in an airtight jar and refrigerate.

Serves: 6-8

Vonkya Pachhadi

Aubergine chutney

Ingredients:

Aubergines (<i>baingan</i>), boiled, mashed	500 gm / 1.1 lb
Vegetable oil	5 tsp / 25 ml
Green chillies	15
Coconut (<i>nariyal</i>), grated	3 tbsp / 12 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Tamarind (<i>imli</i>), extract	1 tbsp / 15 gm
Salt to taste	
Mustard seeds (<i>rai</i>)	¼ tsp
Curry leaves (<i>kadhi patta</i>)	12

Serves: 6-8

Method:

1. Heat 2 tsp of oil in a wok (*kadhai*); fry green chillies till golden brown. Remove and keep aside.
2. In the same oil, sauté the mashed aubergines till brown. Keep aside.
3. Pound the green chillies, coconut, and turmeric powder to a fine paste.
4. Add this paste to the aubergine, with the tamarind extract and salt. Mix well.
5. Heat the remaining oil; sauté the mustard seeds and curry leaves for a few seconds. Pour this over the aubergine mixture and serve.



Kariyapak Pachhadi

Curry leaf chutney

Ingredients:

Curry leaves (<i>kadhi patta</i>), washed, dried	250 gm / 9 oz
Green chillies	20
Vegetable oil	2 tsp / 10 ml
Bengal gram (<i>chana dal</i>)	1 tsp / 5 gm
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Lemon (<i>nimbu</i>) juice	1
Salt to taste	

Method:

1. Grind the curry leaves and green chillies to a smooth paste.
2. Heat the oil in a pan; add Bengal gram and mustard seeds and sauté till they crackle.
3. Remove from heat and add the paste. Mix well. Add lemon juice and check for seasoning.
4. Cool and transfer to an airtight jar. Serve as an accompaniment with plain *idli* or steamed rice.

Serves: 6-8

Anjeer Ki Chutney

Fig chutney

Ingredients:

Figs (<i>anjeer</i>), dried, blanched for 10 minutes	500 gm / 1.1 lb
Almond (<i>badaam</i>), blanched for 10 minutes	4 tbsp / 60 gm / 2 oz
Vegetable oil	½ cup / 100 ml / 3½ fl oz
Onions, chopped	½ cup / 60 gm / 2 oz
Garlic (<i>lasan</i>), chopped	100 gm / 3½ oz
Sugar	1 tbsp / 20 gm
Red chilli powder	1 tsp / 2 gm
Green chillies, chopped	4-5
Salt to taste	
Malt vinegar (<i>sirka</i>)	3½ tbsp / 50 ml / 1¾ fl oz
White vinegar	5 tsp / 25 ml
Green cardamom (<i>choti elaichi</i>) powder	2 tsp / 4 gm
Melon (<i>magaz</i>) seeds	2 tsp / 6 gm

Method:

1. Heat the oil in a pan; fry onions and garlic until golden brown. Remove and keep aside.
2. Combine all the ingredients (except green cardamom powder and melon seeds) and blend to a fine paste.
3. Transfer the paste into a bowl and garnish with green cardamom powder and melon seeds.
4. Refrigerate and use as required. (This can be refrigerated in an airtight container for 1-2 months).

Serves: 4



Til-Tamater Chutney

Sesame seeds and tomato chutney

Ingredients:

Tomatoes, chopped	200 gm / 7 oz
Sesame (<i>til</i>) seeds	2 tbsp / 10 gm
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Onions, chopped	1 cup / 120 gm / 4 oz
Red chilli powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Asafoetida (<i>hing</i>) powder	a pinch
Split black gram (<i>urad dal</i>), roasted	1 tbsp / 25 gm
For the tempering:	
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Dry red chillies (<i>sookhi lal mirch</i>)	5
Curry leaves (<i>kadhi patta</i>)	a few
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm

Method:

1. Heat the oil in a pan; add onions and sauté till light brown. Add red chilli powder, turmeric powder, asafoetida, and sesame seeds. Sauté for a few minutes.
2. Add tomatoes and split black gram. Cook for 10 minutes. Remove from heat and keep aside to cool. Blend to a fine paste.
3. **For the tempering**, heat the oil in a pan; add dry red chillies, curry leaves, and mustard seeds. Sauté till they crackle. Remove from heat, mix into the prepared chutney and serve.

Serves: 4

Pudina Chutney

Mint chutney with yoghurt

Ingredients:

Mint (<i>pudina</i>) leaves, chopped	4 cups / 100 gm / 3½ oz
Green coriander (<i>hara dhaniya</i>), chopped	4 cups / 100 gm / 3½ oz
Onions, chopped	2 tbsp / 24 gm
Ginger (<i>adrak</i>), chopped	1 tbsp / 24 gm
Green chillies, chopped	4-5
Yoghurt (<i>dahi</i>)	½ cup / 100 gm / 3½ oz
Mango powder (<i>amchur</i>)	1 tsp / 2 gm
Sugar	1 tbsp / 20 gm
Salt to taste	
Black salt (<i>kala namak</i>)	1 tsp / 4 gm

Method:

1. Blend the mint leaves, green coriander, onions, ginger, and green chillies to make a smooth paste. Keep aside.
2. In a mixing bowl, whisk yoghurt with mango powder, sugar, salt, and rock salt. Add the mint paste and mix well.
3. Serve with kebabs.

Serves: 4



Besan Ki Chutney

Roasted gram flour chutney

Ingredients:

Gram flour (<i>besan</i>), roasted	1 cup / 100 gm / 3½ oz
Water	½ cup / 125 ml / 4 fl oz
Salt to taste	
For the tempering:	
Vegetable oil	2 tsp / 10 ml
Mustard seeds (<i>rai</i>)	1/3 tsp / 1 gm
Curry leaves (<i>kadhi patta</i>)	1 sprig
Dry red chillies (<i>sookhi lal mirch</i>)	5

Method:

1. Mix gram flour with water to make a smooth paste. Add salt and mix well.
2. **For the tempering**, heat the oil in a pan; add mustard seeds and sauté till it crackles. Add curry leaves and dry red chillies. Stir and remove from heat. Pour this over the gram flour paste, mix and serve with any dish.

Serves: 4

Sonth

A sweet and sour relish

Ingredients:

Mango powder (<i>amchur</i>)	5 tsp / 10 gm
Black pepper (<i>kali mirch</i>) powder	½ tsp / 1 gm
Black salt (<i>kala namak</i>)	½ tsp / 2 gm
Garam masala	½ tsp / 1 gm
Ginger powder (<i>sonth</i>)	½ tsp / 1 gm
Red chilli powder	½ tsp / 1 gm
Salt to taste	
Sugar	5 tbsp / 100 gm / 3½ oz
Raisins (<i>kishmish</i>), clean, washed	2 tsp / 10 gm

Method:

1. Mix all the ingredients (except raisins) with ½ cup water in a saucepan and cook gently for 15 minutes. Ensure that the mixture is lump-free and the sugar dissolves completely. Add the raisins.
2. Serve with *dahi vada* and *papri chaat*.

Serves: 4



Aam Ki Chutney

Sweet mango relish

Ingredients:

Mangoes, raw, peeled, and grated to get 1 kg / 2.2 lb pulp	2 kg / 4.4 lb
Ginger (<i>adrak</i>), 2" piece, peeled, grated	50 gm / 1¾ oz
Sugar	6⅔ cups / 1 kg / 2.2 lb
Salt	75 gm / 2½ oz
Garam masala	3-4 tsp / 6-8 gm
Red chilli powder or black pepper (<i>kali mirch</i>) powder	4 tsp / 8 gm
Acetic acid	1½ tsp / 7 ml
Melon (<i>magaz</i>) seeds (optional)	8 tsp / 25 gm
Sodium benzoate, dissolved in 1 tsp hot water	¼ tsp / 1 gm

Method:

1. Cook the mangoes and ginger together in a clean wok (*kadhai*) till the water evaporates completely.
2. Add sugar and stir till it dissolves completely and the mixture thickens.
3. Add salt, garam masala, red chilli or black pepper, and acetic acid; mix well.
4. Remove the wok from the heat. Add melon seeds (optional) and mix. Add sodium benzoate and mix well.
5. Cool and fill the chutney, while still warm, in a sterilized jar. Seal the jar with a lid after it cools completely.

Serves: 4

Alubhukhara Chutney

Dried plum relish

Ingredients:

Dried plums (<i>alubhukhara</i>), soaked overnight in 2 cups water in a steel bowl, drained	250 gm / 9 oz
Ginger (<i>adrak</i>), 1" piece	1
Mint (<i>pudina</i>) leaves	a bunch
Sugar	3 cups / 450 gm / 1 lb
Lemon (<i>nimbu</i>) juice	¾ cup / 150 ml / 5 fl oz
Salt	3 tsp / 12 gm
Green cardamom (<i>choti elaichi</i>) seeds, powdered	8-10
Black cardamom (<i>badi elaichi</i>)	5-6
Black pepper (<i>kali mirch</i>) powder	1-2 tsp / 2-4 gm
Red chilli powder	1 tsp / 2 gm
Raisins (<i>kishmish</i>), washed	1 cup / 100 gm / 3½ oz
Almonds (<i>badaam</i>), finely chopped	¾ cup / 100 gm / 3½ oz

Method:

1. Mash and squeeze the pulp of the dried plums.
2. Grind the ginger and mint leaves together to a smooth paste.
3. To the dried plum pulp, add ginger and mint paste, sugar, and lemon juice. Cook for 5 minutes.
4. Add the salt, green cardamom powder, black cardamom, black pepper powder, red pepper powder, raisins and almonds. Cook on low heat till it thickens.
5. Remove from heat and keep aside to cool. Remove the black cardamom and fill the chutney, while still warm, in sterilized jars. Seal the jar with a lid after it cools.

Serves: 4



Khajoor-Imli Sonth

Tamarind and date chutney

Ingredients:

Tamarind (<i>imli</i>), deseeded	1 cup / 200 gm / 7 oz
Jaggery (<i>gur</i>)	1 cup / 200 gm / 7 oz
Salt	¾ tsp
Black salt (<i>kala namak</i>)	½ tsp / 2 gm
Red chilli powder	¾ tsp
Dates (<i>khajoor</i>), deseeded, cut lengthwise into 4 pieces	20
Potassium Meta Bisulphate (KMS), dissolved in 1 tsp hot water	a pinch

Method:

1. Boil tamarind and jaggery in 2 cups water for 10-15 minutes on low heat. Remove and keep aside to cool.
2. Squeeze and strain the pulp. Keep aside.
3. Add salt, black salt, red chilli powder, and dates to the tamarind pulp. Cook for 5-10 minutes on low heat.
4. Keep aside to cool and then preserve in a clean bottle.

Note: If you do not want chunks of dates, deseed and boil them with tamarind and jaggery. Strain the pulp and use. If you are using chhuaras, soak them in water for 2 hours and then deseed and chop.

Serves: 4

Amer Ombol

A typical Bengali mango chutney

Ingredients:

Mangoes, raw, large	2
Mustard oil	1 tsp / 5 ml
Black mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Turmeric (<i>haldi</i>) powder	¼ tsp / 1/2 gm
Salt to taste	
Sugar	1 cup / 150 gm / 5 oz
Water, cold	1 cup / 250 ml / 8 fl oz

Method:

1. Cut off the stem portion of the mangoes. Slice the unpeeled mangoes lengthwise.
2. Heat the mustard oil in a wok (*kadhai*); add black mustard seeds. When it splutters, add the mangoes, turmeric powder and salt. Fry for 1-2 minutes. Add sugar and water. Cook till the mangoes turn soft.
3. Serve cold.

Serves: 4



Chetnim de Manga

Mango coconut chutney

Ingredients:

Mangoes, unripe, peeled, chopped	1 cup / 100 gm / 3½ oz
Coconut (<i>nariyal</i>), grated	1¼ cups / 100 gm / 3½ oz
Onion, small, chopped	1
Green chillies, chopped	2
Ginger (<i>adrak</i>), chopped	½ tsp / ½" piece
Salt to taste	

Method:

1. Grind all the ingredients to a coarse paste.
2. Serve with rice and curry.

Serves: 4

Chetnim de Cilantro

Green coriander and coconut chutney

Ingredients:

Coconut (<i>nariyal</i>), grated	1¼ cups / 100 gm / 3½ oz
Green coriander (<i>hara dhaniya</i>), chopped	1½ cups / 150 gm / 5 oz
Green chillies, chopped	3
Garlic (<i>lasan</i>), chopped	1 tsp / 6 cloves
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Salt	¾ tsp / 3 gm
Granulated sugar	1 tsp / 3 gm
Lemon (<i>nimbu</i>) juice	2-3 tsp / 10-15 ml
Water	½ cup / 125 ml / 4 fl oz

Method:

1. Grind all the ingredients to a smooth paste.
2. Use as a filling with butter in sandwiches, as a topping on savoury biscuits or as a filling in *peixe recheado* (see p. 148).

Makes: 1½ cups



Manguinhas Salgadas (Chepnim)

Mangoes in brine

Ingredients:

Green mangoes, unripe, small, tender	25
Coarse sea salt	2 cups
Kashmiri chillies (<i>sookhi lal mirch</i>)	6-8
Asafoetida (<i>hing</i>) powder	½ tsp / 2½ gm

Method:

1. Choose mangoes with soft seeds. Wash and wipe them dry. Keep whole.
2. Take a large glass / porcelain / enamel basin. Sprinkle some salt at the bottom. Layer the mangoes, chillies, and asafoetida, ending with a layer of salt. Place a small plate on the mangoes and rest a heavy-weight on it so that the mangoes get pressed down. Cover the basin with a muslin cloth. Leave to salt for 3 days.
3. Uncover the basin and turn the mangoes over. Sprinkle a little more salt. Replace the weight and cover. Repeat the process after 3 days. There should be quite a lot of liquid.
4. Transfer the mangoes with the brine into a glass jar, ensuring that they are completely submerged in the brine. Leave to mature for at least 2 weeks. The mangoes will have a wrinkled appearance.
5. When ready, remove as many mangoes as required with a dry, slotted spoon, ensuring that the remaining mangoes are covered with the brine. Cut in long slices. Serve with rice and curry.

Serves: 6-8

Chetnim Doce de Manga

Goan sweet mango chutney

Ingredients:

Mangoes, half-ripened, skinned, grated coarsely	2½ cups / 500 gm / 1.1 lb
Granulated sugar	1¼ cups / 200 gm / 7 oz
Vinegar (<i>sirka</i>)	½ cup / 100 ml / 3½ fl oz
Ginger (<i>adrak</i>), minced	2 tsp / 2" piece
Garlic (<i>lasan</i>), minced	2 tsp / 12 cloves
Kashmiri chilli powder	1½-2 tsp / 3-4 gm
Salt	2 tsp / 8 gm
Raisins (<i>kishmish</i>)	2 tbsp / 25 gm

Method:

1. In a pan, cook the mangoes and the sugar on low heat till the sugar melts.
2. Add the rest of the ingredients, except the raisins, and cook till the mixture is thick. Add the raisins and cook for 2 more minutes. Adjust seasoning.
3. Remove from heat and cool. Bottle when cold. Allow to mature for a week.

Makes: 1 bottle



Chetnim de Camarões Secos

Dried prawn chutney

Ingredients:

Dried prawns	1 cup / 50 gm / 1¾ oz
Kashmiri chilli powder	1 tsp / 2 gm
Turmeric (<i>haldi</i>) powder	a pinch
Onion, medium-sized, minced	1
Garlic (<i>lasan</i>), minced	¼ tsp / 2 cloves
Tamarind (<i>imli</i>) pulp	2 tsp
Coconut (<i>nariyal</i>), grated	5 tbsp / 20 gm
Salt to taste	

Serves: 4

Method:

1. Clean the prawns, pinch off the top part of the head, tip of the tail and legs. Dry roast in a frying pan till crisp.
2. Mix the rest of the ingredients in a bowl and crumble the prawns into the mixture. Stir to mix.
3. Alternatively, sauté the onion and garlic in a little oil for a few minutes, then grind with the rest of the ingredients to a coarse paste.
4. Serve as an accompaniment to rice and curry.

Lagan Nu Achaar

Wedding pickle

Ingredients:

Dried dates (<i>khajoor</i>), finely chopped	100 gm / 3½ oz
Raisins (<i>kishmish</i>)	3 cups / 300 gm / 11 oz
Dried apricots (<i>khumani</i>)	300 gm / 11 oz
Sugar	2 kg / 4.4 lb
Carrots (<i>gajar</i>), grated	2 kg / 4.4 lb
Jaggery (<i>gur</i>)	250 gm / 9 oz
Vinegar (<i>sirka</i>)	3¾ cups / 750 ml / 23 fl oz
Ginger (<i>adrak</i>), julienned	50 gm / 1¾ oz
Garlic (<i>lasan</i>), sliced	100 gm / 3½ oz
Salt to taste	
Dry red chillies (<i>sookhi lal mirch</i>)	15
Garam masala	2 tbsp / 10 gm

Method:

1. Soak the dates, raisins, and apricots overnight in 1 cup sugar and as much vinegar as necessary.
2. In a heavy-bottomed pan, cook the carrots, the remaining sugar, jaggery, and 2½ cups vinegar on low heat. When soft, add ginger, garlic, and salt; cook till the mixture becomes a sticky syrup.
3. Add the dates, raisins, and apricot mixture; bring to the boil. Add dry red chillies and garam masala, remove the pan from the heat. Keep aside to cool and store in airtight jars.
4. This pickle can be preserved for several years if handled properly and kept in a cool, dark place.

Serves: 6-8



Vegna Achaar

Kashmiri aubergine pickle

Ingredients:

Aubergines (<i>baingan</i>), washed, dried, cut into ½" cubes	350 gm / 12 oz
Vegetable oil	1 tbsp / 15 ml
Grind to a fine paste with 1-2 tsp vinegar:	
Garlic (<i>lasan</i>) cloves	4
Ginger (<i>adrak</i>), 1" piece	1
Dry red chillies (<i>sookhi lal mirch</i>)	5
Turmeric (<i>haldi</i>) powder	¼ tsp / ½ gm
Jaggery (<i>gur</i>)	2½ tbsp / 50 gm / 1¾ oz
Vinegar (<i>sirka</i>)	½ cup / 100 ml / 3½ oz
Salt to taste	
Pound together:	
Green cardamom (<i>choti elaichi</i>)	3
Cinnamon (<i>dalchini</i>), ¼" stick	1
Cloves (<i>laung</i>)	2
Black peppercorns (<i>sabut kali mirch</i>)	4

Method:

1. Heat the oil in a pan; add the ground paste and sauté for 3 minutes. Add the aubergines and cook till almost done.
2. Add jaggery, vinegar, and salt; mix well. Lower heat and simmer till the oil floats on top.
3. Add the pounded spices, mix well and keep aside to cool.
4. Store in airtight jars.

Serves: 4-6

Colmi Nu Achaar

Fresh prawn pickle

Ingredients:

Prawns, fresh, shelled, deveined	3 cups
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Mustard oil / Vegetable oil	½ cup / 100 ml / 3½ fl oz
Salt to taste	
Onions, large, minced	5
Grind to a paste:	
Garlic (<i>lasan</i>) cloves	12
Dry red chillies (<i>sookhi lal mirch</i>)	12
Curry leaves (<i>kadhi patta</i>)	a few
Vinegar (<i>sirka</i>)	½ cup / 100 ml / 3½ fl oz

Serves: 6-8

Method:

1. Remove the heads from the prawns and wash well in salt water. Drain till absolutely dry. Mix with turmeric powder and keep aside for 10 minutes.
2. Heat the oil in a pan; fry the prawns with some salt till crisp. Remove and keep aside.
3. Reheat the oil till smoking; sauté the onions until golden brown. Add the ground paste and sauté for a few minutes. Add the curry leaves and vinegar.
4. When the mixture starts to boil, add the prawns and salt to taste. Lower heat and simmer until the mixture is dry. Remove the pan from the heat and keep aside to cool completely.
5. Store in a glass jar and refrigerate until required.



Nimbu Ka Achaar

Lemon pickle

Ingredients:

Lemons (<i>nimbu</i>), washed, wiped, slit in quarters	
without separating the pieces	2 kg / 4.4 lb
Juice of lemons	1 kg / 2.2 lb
Sugar	1 cup / 150 gm / 5 oz
Black salt (<i>kala namak</i>)	250 gm / 9 oz
Black cardamom (<i>badi elaichi</i>)	25 gm
Black peppercorns (<i>sabut kali mirch</i>)	15 gm
Dry red chillies (<i>sookhi lal mirch</i>)	25 gm
Cumin (<i>jeera</i>) seeds	2 tbsp / 12 gm
Black cumin (<i>shahi jeera</i>) seeds	2 tbsp / 12 gm
Carom (<i>ajwain</i>) seeds	15 gm
Asafoetida (<i>hing</i>)	a pinch
Ginger powder (<i>sonth</i>)	100 gm / 3½ oz

Serves: 6-8

Method:

1. Grind the sugar, black salt, black cardamom, black pepper, dry red chillies, cumin seeds, black cumin seeds, carom seeds, asafoetida, and ginger powder together to a fine powder.
2. Mix ½ cup lemon juice with the powder and stuff the slit lemons with this powder mixture.
3. Arrange the stuffed lemons in a glass jar, with a layer of the powder mixture between them. Repeat till all the lemons and powder mixture are used up. Pour the remaining lemon juice.
4. Cover with a thick cloth for the first 2 days and then put the jar out in the sun for 2 weeks, shaking occasionally. This pickle aids digestion and can stay for up to 25 years.

Eerichi Achaar

Lamb pickle

Ingredients:

Lamb, tender, cut into very small pieces	2½ kg / 5.5 lb
Vinegar (<i>sirka</i>)	3 tbsp / 45 ml / 1½ fl oz
Ginger (<i>adrak</i>), finely chopped	1½ tbsp / 36 gm / 1¼ oz
Salt to taste	
Grind to a paste with cooled boiled water:	
Red chilli powder	4½ tbsp
Ginger, cut into thin pieces	½ tsp / 3 gm
Garlic (<i>lasan</i>) cloves	6
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Fenugreek seeds (<i>methi dana</i>)	¼ tsp
Cumin (<i>jeera</i>) seeds	¼ tsp
Sesame (<i>til</i>) oil	½ cup / 100 ml / 3½ fl oz
Mustard seeds	1 tsp / 3 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Onions, finely chopped	2 cups / 240 gm / 9 oz
Cloves (<i>laung</i>)	12
Cinnamon (<i>dalchini</i>), 1" sticks	6
Green cardamom (<i>choti elaichi</i>)	6
Tomatoes, chopped	250 gm / 9 oz
Vinegar	3 tbsp / 45 ml / 1½ fl oz
Salt to taste	
Garlic cloves	¼ cup
Ginger, cut into thin slices	1½ tbsp / 36 gm / 1¼ oz
Vinegar	3 tbsp / 45 ml / 1½ fl oz
Sugar	¼ tsp

Method:

1. Cook the lamb with vinegar, ginger, and salt until tender and dry.
2. Heat 4 tbsp oil in a wok (*kadhai*); add the cooked lamb, a few pieces at a time, and deep-fry. Do not allow the lamb to harden.
3. Heat the leftover oil and the sesame oil together; add mustard seeds. When they start spluttering, add turmeric powder and onions; sauté until crisp. Remove with a slotted spoon and drain the excess oil on paper towels.
4. In the same oil, add cloves, cinnamon sticks, and green cardamom; sauté for a while. Then add tomatoes. Keep stirring till the oil separates. Now add the ground paste; mix well.
5. Add vinegar, salt, and 1 cup boiled water. Bring the mixture to the boil.
6. Add fried lamb, garlic, and ginger.
7. Mix the sugar in the vinegar and add to the mixture. Bring everything to the boil once more and then remove from heat.
8. Cool and store in airtight jars.

Serves: 10-12



Pavakka Achaar

Bitter gourd country pickle

Ingredients:

Bitter gourd (<i>karela</i>), cut into thick rounds, seeds removed	500 gm / 1.1 lb
Fenugreek seeds (<i>methi dana</i>)	1½ tsp / 4½ gm
Sesame (<i>til</i>) oil	¼ cup / 50 ml / 1¾ fl oz
Green chillies, slit into half	10
Garlic (<i>lasan</i>), chopped	2½ tbsp / 30 gm / 1 oz
Ginger (<i>adrak</i>), chopped	1¼ tbsp / 30 gm / 1 oz
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Curry leaves (<i>kadhi patta</i>)	2 sprigs
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Red chilli powder	2 tbsp
Asafoetida (<i>hing</i>)	½ tsp / 2½ gm
Salt solution	¾ cup / 150 ml
Vinegar (<i>sirka</i>)	¾ cup / 150 ml / 5 oz

Method:

1. Sun-dry the bitter gourds till they wilt.
2. Dry roast 1 tsp fenugreek seeds and powder it.
3. Heat the oil in a pan; sauté the green chillies, garlic, and ginger for a few minutes. Remove before they are cooked.
4. In the same oil, add the remaining fenugreek seeds, mustard seeds, and curry leaves. When they start to crackle, add the powdered fenugreek, turmeric powder, red chilli powder, and asafoetida; stir on low heat. Add salt solution, the sautéed ingredients, vinegar, and bitter gourd; mix well.
5. Bring the mixture to the boil once or twice and remove before the vegetable gets cooked.

Serves: 6-8



Vardenenga Achaar

Aubergine pickle – South Indian style

Ingredients:

Aubergines (<i>baingan</i>), cut into 2" fingers, immersed in salt water	500 gm / 1.1 lb
Sesame (<i>til</i>) oil	1 cup / 200 ml / 7 fl oz
Ginger (<i>adrak</i>), sliced	3 tbsp / 72 gm / 2½ oz
Garlic (<i>lasan</i>), sliced	3 tbsp / 36 gm / 1¼ oz
Curry leaves (<i>kadhi leaves</i>)	2 sprigs
Grind with ¼ cup vinegar:	
Garlic (<i>lasan</i>)	4½ tbsp
Mustard seeds (<i>rai</i>)	¾ tsp / 2 gm
Fenugreek seeds (<i>methi dana</i>)	¾ tsp / 2 gm
Dry red chillies (<i>sookhi lal mirch</i>), skin only	40
Cumin (<i>jeera</i>) seeds	¾ tsp / 1½ gm

Sugar	¼ cup / 37 gm
Vinegar (<i>sirka</i>)	1¼ cups / 250 ml / 9 fl oz
Salt to taste	

Method:

1. Drain and rub the aubergines with some salt and leave in the sun to dry for 4-5 hours.
2. Heat the sesame oil in a pan; add ginger and garlic; sauté till golden brown. Remove and keep aside.
3. In the same oil, add curry leaves and spice paste. Add sugar and vinegar; mix well. Add aubergine. Lower heat and cook on simmer for a while. Add fried garlic and ginger; mix well.
4. When the aubergines are cooked, season with salt.

Serves: 6-8

Naranga Achaar

Lemon pickle

Ingredients:

Lemons (<i>nimbu</i>), ripe, cut into 8 pieces	25
Sesame (<i>til</i>) oil	3 tbsp / 45 ml / 1½ fl oz
Asafoetida (<i>hing</i>)	a pinch
Mustard seeds (<i>rai</i>)	2 tsp / 6 gm
Fenugreek seeds (<i>methi dana</i>)	1 tsp / 3 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Garlic (<i>lasan</i>) cloves, small	60 gm / 2 oz
Ginger (<i>adrak</i>), julienned	3 tbsp / 54 gm / 1¾ oz
Green chillies with stalks, split	18
Red chilli powder	4½ tbsp
Salt	3-4 cups

Serves: 6-8

Method:

1. Steam the lemons for a few minutes in a steamer. Spread them on a tray and wipe dry.
2. Heat the sesame oil in a pan; fry the asafoetida and powder it (½ tsp of this powder is enough).
3. In the remaining oil, add mustard and fenugreek seeds. When they start spluttering, add turmeric powder; sauté on moderate heat.
4. Add garlic, ginger, and green chillies; stir for a few minutes. When the colour changes, remove from heat and add red chilli powder and asafoetida powder. Mix well. Cool and stir in the salt.
5. Arrange the lemon slices and the sautéed mixture in layers in a bottle. Consume after a week.



Kaduku Manga Achaar

Mango pickle

Ingredients:

Mangoes, raw, lightly skinned, chopped	2 cups
Salt to taste	
Grind to a paste with a little salt water:	
Dry red chillies (<i>sookhi lal mirch</i>), boiled, powdered	3 tbsp
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Asafoetida (<i>hing</i>), fried, powdered	½ tsp / 2½ gm
Sesame (<i>til</i>) oil	3 tbsp / 45 ml / 1½ fl oz
Vegetable oil	3 tbsp / 45 ml / 1½ fl oz
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
Dry red chillies (<i>sookhi lal mirch</i>), each cut into 3 pieces	2
Curry leaves (<i>kadhi patta</i>)	a few
Salt water, boiled, cooled	1 cup / 200 ml / 7 fl oz

Method:

1. Apply salt to the mangoes and keep aside for 6 hours. Then drain the sour liquid from the mango.
2. Heat both the oils in a pan; add mustard seeds, fenugreek seeds, dry red chillies, and curry leaves. When the seeds start spluttering, add the ground paste and fry on low heat.
3. Add salt water and bring to the boil. Remove from heat and keep aside to cool.
4. When cooled, add the mangoes and mix well. Store in airtight jars.

Serves: 6-8

Hari Mirch Ka Achaar

Stuffed green chilli pickle

Ingredients:

Green chillies, long and thick	1 kg / 2.2 lb
For the filling:	
Salt	200 gm / 7 oz
Mustard seeds (<i>rai</i>), powdered	200 gm / 7 oz
Turmeric (<i>haldi</i>) powder	1½ tsp / 3 gm
Aniseed (<i>saunf</i>), coarsely pounded	1½ tbsp
Onion seeds (<i>kalonji</i>)	½ tsp / ¼ gm
Asafoetida (<i>hing</i>)	a pinch
Lemon (<i>nimbu</i>) juice	5

Serves: 6-8

Method:

1. Wash and wipe dry the green chillies. Make a vertical slit in the centre of each chilli.
2. **For the filling**, mix all the spices together. Add lemon juice and mix well again.
3. Fill each chilli with a generous amount of this mixture. Store the stuffed chillies in an opaque jar and keep in the sun for 4-5 days. Shake the jar twice every day.
4. The chillies will become softer as the days go by, but can be consumed as soon as the filling sticks to the chillies.

Note: Do not use a glass jar to store this pickle as the green chillies get discoloured.



Dahi Mirch

Crushed green chillies blended in yoghurt

Ingredients:

Yoghurt (<i>dahi</i>), strained	1 cup / 200 gm / 7 oz
Green chillies	10-12
Mustard (<i>sarson</i>) oil	4 tbsp / 60 ml / 2 fl oz
Prepared mustard or <i>kasundi</i>	2 tbsp / 30 gm / 1 oz
Salt to taste	

Method:

1. Boil the green chillies and crush them coarsely.
2. Blend all the ingredients together with a hand mixer for 3-4 seconds.
3. Store in an airtight jar and keep in a cool, dry place. The chillies will be good for up to 8-10 days.

Serves: 6-8

Bharwan Nimbu Ka Achaar

Lemon stuffed with black pepper

Ingredients:

Lemons (<i>nimbu</i>)	30
For the filling:	
Pink rock salt (<i>kala namak</i>), powdered	125 gm / 4 oz
Black peppercorns (<i>sabut kali mirch</i>), powdered	60 gm / 2 oz
Asafoetida (<i>hing</i>), roasted	¼ tsp / 1¼ gm
Sugar, powdered	1 cup / 150 gm / 5 oz

Serves: 10-12

Method:

1. Squeeze the juice of 5 lemons. Keep aside. Wash and wipe dry the rest of the lemons. Slit each lemon crosswise. They should be joint at the base.
2. **For the filling**, mix all the ingredients together and fill each lemon with this mixture.
3. Put the stuffed lemons in a glass jar and top with the lemon juice. Keep the jar in the sun for a few days till the lemons become soft.
4. When soft, add the sugar and mix well. Keep in the sun again for 4-5 days.



Khatta Aam Ka Achaar

Tangy mango pickle

Ingredients:

Mangoes, raw, washed, cut into 1" pieces	5 kg / 11 lb
Salt	4 cups / 600 gm / 22 oz
Turmeric (<i>haldi</i>) powder	4 tsp / 16 gm
Fennel (<i>moti saunf</i>) seeds	200 gm / 7 oz
Fenugreek seeds (<i>methi dana</i>)	100 gm / 3½ oz
Mustard seeds (<i>rai</i>)	6½ tbsp / 60 gm / 2 oz
Red chilli powder	15 tsp / 60 gm / 2 oz
Onion seeds (<i>kalonji</i>)	15 tsp / 30 gm / 1 oz
Black salt (<i>kala namak</i>)	15 tsp / 60 gm / 2 oz
Ginger powder (<i>sonth</i>)	10 gm
Cumin (<i>jeera</i>) seeds, roasted, powdered	6½ tsp / 10 gm
Garam masala	5 tsp / 10 gm
Asafoetida (<i>hing</i>)	½ tsp / 2 gm

Method:

1. Mix 2 tsp salt and 2 tsp turmeric powder with the mangoes. Keep overnight in a basket to drain out the water.
2. Spread the mangoes on a dry cloth, and sun-dry for 2-3 days.
3. Roast and pound the fennel seeds, fenugreek seeds, and mustard seeds coarsely. Mix with the remaining spices. Add to the mangoes and mix thoroughly.
4. Again keep the mango mixture in the sun for 4-5 days. Stir the pickle often and ensure that there is no moisture left.
5. When ready, store in airtight jars. This pickle stays good all the year round.

Serves: 20-25

Muji Talai

Fried radish chutney

Ingredients:

White radish (<i>safed mooli</i>), grated	500 gm / 1.1 lb
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Carom (<i>ajwain</i>) seeds	½ tsp / 1 gm
Cumin (<i>jeera</i>) seeds	½ tsp / 1 gm
Salt to taste	
Asafoetida (<i>hing</i>)	a pinch
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Ginger powder (<i>sonth</i>)	½ tsp / 1 gm
Aniseed (<i>saunf</i>) powder	½ tsp / 1 gm
Red chilli powder (optional)	½ tsp / 1 gm
Green chilli, chopped	1
Juice of lemon (<i>nimbu</i>)	1
Walnuts (<i>akhrot</i>), crushed	¼ cup

Method:

1. Heat the oil in a pan; add carom seeds, cumin seeds, salt, and asafoetida.
2. Stir for 30 seconds, then add radish. Cook on medium heat till the water evaporates and the oil separates.
3. Add turmeric powder, ginger powder, aniseed powder, red chilli powder, green chilli, and lemon juice.
4. Cook for about 5 minutes, then add walnuts.

Serves: 6-8



Monji Achaar

Kohlrabi pickle

Ingredients:

Kohlrabi (<i>ganth gobhi</i>), only bulbs	1 kg / 2.2 lb
Mustard (<i>sarson</i>) oil	1¼ cups / 250 ml / 9 oz
Red chilli powder	3 tbsp
Ginger powder (<i>sonth</i>)	2 tsp / 4 gm
Asafoetida (<i>hing</i>)	¼ tsp
Mustard seeds (<i>rai</i>)	3 tbsp
Carom (<i>ajwain</i>) seeds	1 tsp / 1½ gm
Salt to taste	

Method:

1. Wash the kohlrabi. Dry with a soft cloth and cut the bulb into half. Make '1/3"- thick slices, without peeling. Dry these slices in the sun for 3-4 hours.
2. Heat half the oil in a pan; cool and then put aside. In the remaining oil, mix all the spices well with hand.
3. Add the slices of kohlrabi. Mix well so that the slices are well coated with the paste.
4. Take a large dry jar and put the spiced slices and any extra oil in the pot, in it. Seal with a polyfilm and then put on the lid.
5. Keep this jar in the sun for 4-6 days (in winter) and 2-3 days (in summer). At first the level of oil will rise in the jar and will then settle down.
6. When the oil settles down, pour the remaining oil into it so that the kohlrabi slices are covered with oil.
7. Keep in the sun for a few more days.

Serves: 2-4

Moola Ko Achaar

Radish pickle

Ingredients:

Radish (<i>safed mooli</i>), peeled, washed	500 gm / 1.1 lb
Red mustard seeds (<i>lal rai</i>)	100 gm / 3½ oz
Cumin (<i>jeera</i>) seeds	4 tsp / 8 gm
<i>Timmur</i> (see p. 9), optional	½ tsp / 3 gm
Red chilli powder	4 tsp / 8 gm
Salt to taste	
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Mustard (<i>sarson</i>) oil	2 cups / 400 ml / 14 fl oz
Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml

Serves: 2-4

Method:

1. Pat dry the radish and cut into 3"-long pieces. Cut each piece diagonally into four. If any one of the radishes has a white tinge, replace it.
2. Spread the pieces on a flat dish and leave indoors for 5-6 hours.
3. Coarsely grind the red mustard seeds, cumin seeds, and *timmur* together.
4. In another flat dish, mix together all the ground ingredients, salt, and turmeric powder. Add 2-3 tbsp oil and lemon juice. Mix well. Add radish pieces and rub the spice mixture well into the pieces.
5. In a dry glass jar, put in the pieces, a few at a time. Press down after each addition to pack them well. Cover and put out in the sun for 2 days.
6. On the third day, shake the bottle well. There should be water in it. Add the remaining oil and store it. It will be ready for consumption after 6-7 days.

Note: If preserved well, this pickle can stay for months. You can also add a few cauliflower florets.



Golbhenda Ko Pakaeko Achaar

Tomato relish

Ingredients:

Tomatoes, ripe, cut into 8 pieces	500 gm / 1.1 lb
Mustard (<i>sarson</i>) oil	4 tbsp / 60 ml / 2 fl oz
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
<i>Jimmu</i> (see p. 9), optional	½ tsp / 3 gm
Dry red chillies (<i>sookhi lal mirch</i>), halved, deseeded	2
Garlic (<i>lasan</i>), chopped	2 tsp / 6 gm
Ginger (<i>adrak</i>), julienned	2 tsp / 12 gm
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Cumin (<i>jeera</i>) seeds, dry roasted, powdered	1 tsp / 2 gm
Red chilli powder	¼ tsp

Method:

1. Heat the oil in a flat utensil. When it is smoking hot, lower heat and temper with fenugreek seeds, *jimmu*, and dry red chillies.
2. When the chillies turn brown, add garlic. After a while, add ginger. Once the garlic browns a little, add tomatoes, turmeric powder, and salt. Cook on high heat, stirring continuously, till the liquid gets absorbed.
3. Add cumin seeds and red chilli powder. Stir occasionally and cook till the liquid dries and the oil separates.
4. Transfer to a dish and allow it to cool. This can be refrigerated for up to one week.

Serves: 2-4

Aloo Achaar

Potato pickle

Ingredients:

Potatoes, preferably lemon-sized ones	500 gm / 1.1 lb
Sesame (<i>til</i>) seeds	2 tbsp / 10 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
<i>Timmur</i> (see p. 9), optional	½ tsp / 3 gm
Salt to taste	
Juice of lemons (<i>nimbu</i>)	2
Mustard (<i>sarson</i>) oil	4 tbsp / 60 ml / 2 fl oz
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
Green chillies, split	5 - 6
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>) for garnishing	

Method:

1. Boil, peel, and cut the potatoes into halves.
2. Dry roast the sesame seeds, cumin seeds, and *timmur* in a pan. Grind together with a little water.
3. Transfer the potatoes to a serving dish; add the ground spices, salt, and lemon juice. Mix well.
4. Heat the oil in a pan; add fenugreek seeds. When they crackle, add green chillies; cook covered for a minute. Add turmeric powder and pour the tempering over the potatoes. Mix well, garnish with green coriander and serve cold.

Serves: 2-4



Kankro Achaar

Cucumber pickle

Ingredients:

Cucumber (<i>khira</i>)	500 gm / 1.1 lb
Sesame (<i>til</i>) seeds	1 tbsp / 10 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
<i>Timmur</i> (see p. 9), dry roasted (optional)	6 grains
Yoghurt (<i>dahi</i>)	1 tsp / 5 gm
Salt to taste	
Mustard (<i>sarson</i>) oil	1 tbsp / 15 ml
Fenugreek seeds (<i>methi dana</i>)	¼ tsp
<i>Jimmu</i> (see p. 9), optional	¼ tsp / 1½ gm
Green chillies, slit in 4, deseeded	2
Turmeric (<i>haldi</i>) powder	2 pinches
Red chilli powder	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>)	½ tsp
Lemon (<i>nimbu</i>) juice	1 tsp / 5 ml

Method:

1. Wash, peel, and cut the cucumbers into 2"-long pieces. Discard the seeds, mix in salt and keep aside.
2. Dry roast and grind together the sesame seeds, cumin seeds, and *timmur*. Mix with yoghurt and 2-3 tbsp water to make a paste. Add a little salt.
3. Squeeze the cucumber to remove excess water. Rub well with the prepared paste.
4. Heat the oil in a pan; add fenugreek seeds, *jimmu*, and green chillies. Remove from heat; add turmeric powder and red chilli powder and pour over the cucumber. Mix very well, adding 1-2 tsp water. Garnish with green coriander and sprinkle lemon juice. Serve cold.

Serves: 2-4

Macchi Ka Achaar

Fish pickle

Ingredients :

Fish, big, cut into 1½" cubes	1 kg / 2.2 lb
Garlic (<i>lasan</i>)	2 pods
Ginger (<i>adrak</i>), cut into 1" pieces	3
Cumin (<i>jeera</i>) seeds	5 tsp / 10 gm
Black peppercorns (<i>sabut kali mirch</i>)	3 tsp / 18 gm
Red chilli powder	3 tsp / 6 gm
Vinegar (<i>sirka</i>)	6 tbsp / 90 ml / 3 fl oz
Vegetable oil	1¼ cups / 350 ml / 12 oz
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Green chillies, slit	8-10
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Salt to taste	

Serves: 10-12

Method :

1. Fry the fish pieces until crisp and brown. Break into smaller pieces and keep aside.
2. Grind one pod of garlic, ginger, cumin seeds, black peppercorns, red chilli powder, and 3 tbsp vinegar into a smooth paste.
3. Heat the oil in a wok (*kadhai*). Remove from heat, cool and add turmeric powder. Return to heat, add the ground paste and fry till it browns. Add fish, green chillies, mustard seeds, and the remaining pod of garlic (slit). Cook for 5 minutes.
4. Remove from heat and add the remaining vinegar and salt. After it cools store in airtight jars. Make sure the pickle is covered with oil. If not, then heat some oil, cool and then add to the pickle.



Maas Ka Achaar

Venison pickle

Ingredients :

Venison, cut into 1½" cubes	1 kg / 2.2 lb
Vegetable oil	2 cups / 400 ml / 14 fl oz
Red chilli powder	4 tbsp
Turmeric (<i>haldi</i>) powder	2 tsp / 10 gm
Salt	3 tsp / 12 gm
Aniseed (<i>saunf</i>)	5 tsp / 10 gm
Cumin (<i>jeera</i>) seeds	5 tsp / 10 gm
Fenugreek seeds (<i>methi dana</i>)	2½ tbsp
Mustard seeds (<i>rai</i>)	10 tsp / 30 gm
White vinegar (<i>safed sirka</i>)	1 cup / 200 ml / 8 fl oz

Method :

1. Heat the oil; add all the dry spices and the venison pieces.
2. Cook on low heat till the venison becomes tender.
3. Remove from heat. When it cools, add vinegar and store in an airtight container.

Serves: 10-12

Subzi Ka Achaar

Mixed vegetable pickle

Ingredients:

Cauliflower (<i>phool gobhi</i>), cut into florets	500 gm / 1.1 lb
Turnips (<i>shalgam</i>), thinly sliced	300 gm / 11 oz
Carrots (<i>gajar</i>), thinly sliced	300 gm / 11 oz
Mustard (<i>sarson</i>) oil	2 cups / 400 ml / 14 fl oz
Onions, puréed	100 gm / 3½ oz
Ginger-garlic (<i>adrak-lasan</i>) paste	5 tbsp / 105 gm / 3½ oz
Sugar	¾ cup / 112 gm / 3¾ oz
Vinegar (<i>sirka</i>)	1 cup / 200 ml / 7 fl oz
Garam masala	5 tsp / 10 gm
Red chilli powder	4 tsp / 8 gm
Cumin (<i>jeera</i>) seeds	4 tsp / 8 gm
Mustard seeds (<i>rai</i>)	4 tsp / 8 gm
Salt to taste	

Method:

1. Keep the vegetables in the sun to dry for 2 days.
2. Heat the mustard oil in a wok (*kadhai*); add onion purée and ginger-garlic paste, stir-fry for a few minutes. Add the dry spices, salt, and vegetables. Cook covered for 5-10 minutes.
3. Mix the sugar in the vinegar, stir till the sugar dissolves completely. Add this mixture to the vegetables and mix well. Remove, keep aside to cool. Transfer the contents into a glass jar, cover with a cloth and secure with a string. Keep in the sun for 5 days. Serve with any meal.

Serves: 4



Amla Achaar

Indian gooseberry pickle

Ingredients:

Indian gooseberries (<i>amla</i>)	500 gm / 1.1 lb
Salt	150 gm / 5 oz
Mustard (<i>sarson</i>) oil	½ cup / 100 ml / 3½ fl oz
Cumin (<i>jeera</i>) seeds	2 tsp / 4 gm
Fennel (<i>moti saunf</i>) seeds	2 tsp / 4 gm
Fenugreek seeds (<i>methi dana</i>)	1-2 tsp / 3-6 gm
Red chilli powder	1-2 tsp / 2-4 gm
Turmeric (<i>haldi</i>) powder	1-2 tsp / 2-4 gm

Serves: 4

Method:

1. Boil Indian gooseberries in water for 5 minutes. Remove from water and mix 100 gm / 3½ oz salt. Keep aside for 5-6 hours for the water to drain out.
2. Deseed the gooseberries and cut them into half or leave them whole.
3. Heat the oil in a wok (*kadhai*) and remove from heat. Add cumin seeds, fennel seeds, fenugreek seeds, red chilli powder, turmeric powder, and the remaining salt. Add dried plums. Cook for 1-2 minutes.
4. The pickle can be consumed the next day and not kept for more than 2 weeks.

Gajar Rai Waala

Carrot pickle flavoured with mustard

Ingredients :

Carrots (<i>gajar</i>), peeled, cut into thin 1½"-long fingers	500 gm / 1.1 lb
Salt	3 tsp / 12 gm
Red chilli powder	2 tsp / 4 gm
Turmeric (<i>haldi</i>) powder	2 tsp / 4 gm
Mustard seeds (<i>rai</i>), powdered	2 tsp / 6 gm
Vinegar (<i>sirka</i>)	½ cup / 100 ml / 3½ fl oz

Serves: 4

Method :

1. Add carrots to the boiling water and cook for 2 minutes.
2. Remove the carrots from water and dry them for 1-2 hours on a muslin cloth.
3. Then mix salt, red chilli powder, turmeric powder, and mustard powder with the carrots.
4. Transfer the carrot mixture to a jar. Add vinegar and shake well to mix. The pickle is ready to eat in a day.



Chatpati Hari Mirch

Green chilli pickle

Ingredients :

Green chillies, slightly thick ones, washed, wiped dry	15-20 / 200 gm / 7 oz
Mustard (<i>sarson</i>) powder	8 tsp / 16 gm
Turmeric (<i>haldi</i>) powder	1 tsp / 2 gm
Salt	3 tsp / 12 gm
Mango powder (<i>amchur</i>)	8 tsp / 16 gm
Vegetable oil	5 tsp / 25 ml

Serves: 4

Method :

1. Slit the green chillies and dry in shade for 1-2 hours.
2. Mix all the dry spices together.
3. Add 1 tsp oil to the spices to bind them together.
4. Fill the prepared mixture in the green chillies.
5. Heat 4 tsp oil in a wok (*kadhai*) or a pan; add stuffed green chillies and sauté for 2-3 minutes on low heat till the chillies become slightly soft. Do not let them get discoloured.
6. Store in sterilized bottles.

Balchão de Camarão

Spicy prawn pickle

Ingredients:

Prawns, small, shelled,
deveined 1¼ cups / 250 gm / 9 oz

Grind to a smooth paste with 6 tbsp vinegar:

Kashmiri chillies (*sookhi lal mirch*) 10-12

Cumin (*jeera*) seeds 1 tsp / 2 gm

Mustard seeds (*rai*), optional ½ tsp / 1½ gm

Black peppercorns
(*sabut kali mirch*) ½ tsp / 1 gm

Turmeric (*haldi*) powder ½ tsp / 1 gm

Garlic (*lasan*), chopped 3 tsp / 18 cloves

Ginger (*adrak*), chopped 2 tsp / 2" piece

Vegetable oil 1 cup / 200 ml / 7 fl oz

Onions, medium-sized, chopped 2

Curry leaves (*kadhi patta*) 8-10

Vinegar (*sirka*) 6 tbsp / 90 ml / 3 fl oz

Green chillies, slit 2

Salt to taste

Sugar 2 tsp / 6 gm

Method:

1. Heat the oil in a pan; sauté onions till soft and golden. Add curry leaves and the ground paste; sauté for 3 minutes, stirring constantly.
2. Add the prawns and stir-fry for a few minutes.
3. Add the vinegar, green chillies, salt, and sugar. Cook uncovered for 10 minute Adjust seasoning.
4. Remove from heat. Bottle when cool. Serve with rice and curry. Or use as a filling in *paparis recheados* (see p. 159) and *pasteis de camarão* (see p. 160).

Makes: 1 bottle



Achaar de Tendlim

Gherkin pickle

Ingredients:

Gherkins (*tindli*), washed, wiped dry 500 gm / 1.1 lb

Salt 3 tsp / 12 gm

Grind to a smooth paste with 6 tbsp vinegar:

Kashmiri chillies (*sookhi lal mirch*) 10-12

Mustard seeds (*rai*) ½ tsp / 1 gm

Cumin (*jeera*) seeds ½ tsp / 1 gm

Turmeric (*haldi*) powder ½ tsp / 1 gm

Garlic (*lasan*), minced 4 tsp / 20-25 cloves

Ginger (*adrak*), minced 2 tsp / 2" piece

Vegetable oil 1 cup / 200 ml / 7 fl oz

Curry leaves (*kadhi patta*) 10-12

Vinegar (*sirka*) 7 tbsp / 105 ml / 3½ fl oz

Sugar 3-4 tbsp / 60-80 gm / 2-2½ oz

Green chillies, slit 2

Method:

1. Cut each gherkin lengthways into 6 pieces. Apply 3 tsp salt and keep aside for at least 2 hours. Squeeze out the excess water and spread out on kitchen towels to dry for a while.
2. Heat the oil in a pan; sauté curry leaves for a few seconds. Add the spice paste and fry well for 3 minutes. Add the gherkins and fry lightly.
3. Add vinegar, sugar, and green chillies. Mix well and cook on moderate heat for 10-15 minutes, stirring from time to time, till the gherkins are cooked, but still retain some of their crispness.
4. Adjust seasoning. Remove from heat and cool. Bottle when cold.

Makes: 1 bottle

Banana Jam

Ingredients:

Ripe <i>palayankodan</i> bananas, skinned, chopped	1¼ kg / 2 lb 11 oz
Cloves (<i>laung</i>)	12
Cinnamon (<i>dalchini</i>), 1" sticks	4
Citric acid	1 tsp
Sugar	9 cups / 1¼ kg / 2 lb 11 oz

Serves: 10-12

Method:

1. Boil the bananas and spices with water to cover in a vessel for 10 minutes.
2. Strain and squeeze the banana mixture through a muslin cloth to extract the juice.
3. Pour the juice into an aluminium vessel. Add the citric acid and sugar; keep stirring on medium heat with a wooden ladle.
4. When the mixture thickens, pour it immediately into dry jars. Seal the jars as soon as the jam cools and the scum which forms on the top is removed.



Kasundi

Sliced mango pickle

Ingredients:

Mangoes, peeled, finely sliced, sun-dried for 4 days	2 kg / 4.4 lb
Tamarind (<i>imli</i>), lemon-sized balls, soaked in 1 cup vinegar for 1 hour	2
Jaggery (<i>gur</i>), soaked in 1 cup vinegar	2 cups / 400 gm / 14 oz
Grind to a paste with 4 tbsp vinegar:	
Dry red chillies (<i>sookhi lal mirch</i>)	10
Turmeric (<i>haldi</i>) powder	2 tbsp
Mustard seeds (<i>rai</i>)	100 gm / 3½ oz
Ginger (<i>adrak</i>), sliced	2 tbsp / 24 gm
Garlic (<i>lasan</i>), sliced	1 tbsp / 12 gm
Cumin (<i>jeera</i>) seeds	100 gm / 3½ oz
Fenugreek seeds (<i>methi dana</i>)	100 gm / 3½ oz

Sesame / Groundnut oil	2 cups / 400 ml / 14 fl oz
Garlic, chopped	1 tbsp / 12 gm
Ginger, chopped	2 tbsp / 48 gm / 1¾ oz
Vinegar (<i>sirka</i>)	1¾ cups / 350 ml / 12 fl oz

Method:

1. Mash the tamarind, strain and keep the extract aside.
2. Cook the jaggery-vinegar mixture till blended.
3. Heat the oil in a wok (*kadhai*); fry the garlic and ginger for 3-4 minutes. Add the ground chilli paste and fry further for 3-4 minutes.
4. Add the mango, jaggery mixture, tamarind extract, and vinegar; cook for 15 minutes till well blended.
5. Add salt if required. Cool and preserve in sterilized jars.

Serves: 10-12

Samandhi Podi

Coconut chutney powder

Ingredients:

Coconut (<i>nariyal</i>), finely grated	6 cups / 600 gm / 22 oz
Dry red chillies (<i>sookhi lal mirch</i>)	15 or to taste
Coriander (<i>dhaniya</i>) powder	¼ tsp
Black pepper (<i>kali mirch</i>) powder	¼ tsp
Fenugreek seeds (<i>methi dana</i>)	a pinch
Curry leaves (<i>kadhi patta</i>)	10
Salt to taste	
Button onions	6
Ginger (<i>adrak</i>), gooseberry-sized	2
Tamarind (<i>imli</i>), gooseberry-sized	1

Method:

1. In a heavy-bottomed skillet, broil the first 6 ingredients till the coconut browns evenly.
2. Pick out the dry red chillies, and pound them with salt first. Then add the rest of the broiled ingredients and pound together.
3. When the oil from the coconut starts oozing out, add the onions, ginger, and tamarind to absorb the oil. Pound the chutney to a coarse powder and store in airtight bottles.

Serves: 6-8



Mirialu and Eligadda Podi

Garlic and coconut powder

Ingredients:

Dry red chillies (<i>sookhi lal mirch</i>)	4
Black peppercorns (<i>sabut kali mirch</i>)	1 tsp / 6 gm
Coconut (<i>nariyal</i>), grated	½
Salt to taste	
Turmeric (<i>haldi</i>) powder	a pinch
Vegetable oil	2 tsp / 10 ml
Mustard seeds (<i>rai</i>)	1 tsp / 3 gm
Curry leaves (<i>kadhi patta</i>)	8
Garlic (<i>lasan</i>), ground	100 gm / 3½ oz

Serves: 6-8

Method:

1. Dry roast the dry red chillies, black peppercorns, and coconut for 3-5 minutes.
2. Add salt and turmeric powder and roast for another 2 minutes.
3. Heat the oil in a pan; add mustard seeds. When they crackle, add curry leaves and garlic. Fry for 6-8 seconds.
4. Add dry roasted ingredients and fry further for 3-4 minutes. Remove the pan from the heat and cool. Grind all the ingredients into a powder.
5. Serve with rice.

Surati Salad

Crunchy cucumber salad

Ingredients :

Cucumber (<i>khira</i>), small, diced	250 gm / 9 oz
Vegetable oil	1 tsp / 5 ml
Asafoetida (<i>hing</i>)	a pinch
Bengal gram (<i>chana dal</i>), roasted	1 tbsp / 25 gm
Groundnuts (<i>moongphalli</i>), roasted, chopped	1 tbsp / 15 gm
Coconut (<i>nariyal</i>), fresh, grated	1 tbsp / 4 gm
Sesame (<i>til</i>) seeds, roasted	1 tsp / 2 gm
Green chillies, finely chopped	2
Sugar	½ tsp / 1½ gm
Salt to taste	

Method :

1. Heat the oil in a pan; add asafoetida and Bengal gram; sauté for 2 minutes.
2. In a large bowl, mix groundnuts, coconut, sesame seeds, green chillies, sugar, and salt together.
3. Mix in the Bengal gram-asafoetida mixture and cucumber. Adjust seasoning and serve.

Serves: 3-4



Papita Salad

Raw papaya salad

Ingredients :

Papaya (<i>papita</i>), raw, small, peeled, coarsely grated	250 gm / 9 oz
Vegetable oil	1 tsp / 5 ml
Asafoetida (<i>hing</i>)	a pinch
Mustard seeds (<i>rai</i>)	¼ tsp
Green chillies, slit	4-5
Cumin (<i>jeera</i>) seeds	¼ tsp
Sugar	1 tsp / 3 gm
Groundnuts (<i>moongphalli</i>), chopped	1 tbsp / 15 gm
Juice of lemon (<i>nimbu</i>)	1
Green coriander (<i>hara dhaniya</i>), finely chopped	1 tsp
Salt to taste	

Method :

1. Heat the oil in a pan; add asafoetida and mustard seeds. When they start spluttering, add green chillies and sauté.
2. Add the papaya, cumin seeds, sugar, groundnuts, lemon juice, green coriander, and salt; mix thoroughly, and remove from heat. Keep aside to cool.
3. Serve cold as an accompaniment.

Serves: 2-4

Fangevela Mag

Sprouted green gram salad

Ingredients:

Whole green gram (<i>moong dal</i>), soaked for 8 hours	1 ² / ₃ cups / 250 gm / 9 oz
Vegetable oil	1 tsp / 5 ml
Mustard seeds (<i>rai</i>)	½ tsp / 1½ gm
Asafoetida (<i>hing</i>)	¼ tsp / 1 gm
Water	1 cup / 250 ml / 8 fl oz
Soda bicarbonate	¼ tsp / 1½ gm
Salt to taste	
Sugar	½ tsp / 1½ gm
Cumin (<i>jeera</i>) powder	1 tsp / 1½ gm
Turmeric (<i>haldi</i>) powder	¼ tsp
Red chilli powder	¾ tsp / 1½ gm
Coriander (<i>dhaniya</i>) powder	1 tsp / 1½ gm

Method:

1. Drain the green gram and tie in a muslin cloth. Keep the cloth inside a vessel in a cool place and cover it tightly. Keep aside for 24 hours to allow the green gram to sprout.
2. Heat the oil in a pan; add mustard seeds. Once they crackle, add asafoetida and sprouted green gram.
3. Add water, soda bicarbonate, salt, sugar, and the spices. Mix well. Cook covered for 10 minutes or until tender.
4. Serve hot with any curry.

Serves: 2-4



Dhungar Ka Pyaz

Smoked onions

Ingredients:

Onions, sliced	4
Salt to taste	
Green chillies, chopped	2
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml

Serves: 4-6

Method:

1. Mix salt, green chillies, and lemon juice with the onions.
2. Arrange the onions on a salad platter. Leave space in the middle to put the smoking material.
3. Smoke (see p. 520) with ghee for 10 minutes and then serve.

Kachumbar / Choori

Fresh vegetable salad

Ingredients:

Onions, small	2
Tomatoes	3
Capsicum (<i>Shimla mirch</i>)	1
Cucumber (<i>khira</i>)	2
Salt to taste	
Green chillies, chopped	2
Green coriander (<i>hara dhaniya</i>)	1 tbsp / 4 gm
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml

Method:

1. Dice the onions, tomatoes, capsicum, and cucumber into small 1/4" cubes.
2. Add salt, green chillies, green coriander, and lemon juice.
3. Mix well and serve cold.

Serves: 2-4



Khira Moong Dal Salad

Cucumber and green gram salad

Ingredients:

Cucumber (<i>khira</i>), thin, tender, scrape outer skin, check for bitterness and then slice into thin rounds, shred the rounds again into 1 1/2"-thin pieces	3-4
Green gram (<i>moong dal</i>)	1 1/2 tbsp / 27 gm
Green coriander (<i>hara dhaniya</i>), finely chopped	1 tbsp / 4 gm
Salt to taste	
Coconut (<i>nariyal</i>), fresh, grated	1 tbsp / 4 gm
Dry red chillies (<i>sookhi lal mirch</i>), cooked in 2-3 tbsp yoghurt for 2-3 minutes	3-4
Juice of lemon (<i>nimbu</i>)	1
Vegetable oil	1 tsp / 5 ml
Mustard seeds (<i>rai</i>)	1/4 tsp

Method:

1. Boil the green gram in water till they split. Drain excess water.
2. Mix the cucumber, boiled green gram, green coriander, salt, coconut, and fried red chillies in a bowl. Add lemon juice; toss well
3. Heat the oil in a pan; add mustard seeds. When they start spluttering, remove and add to the salad. Mix well.
4. Serve within 10 minutes.

Note: When salt is added to the cucumber, the mixture becomes soggy.

Variations: Use sprouted green gram (raw) instead of cooked green gram.

Grate carrots and mix with sprouted salad. Raw cabbage shredded finely can also be mixed with the green gram. Use green chillies instead of fried red chillies. (Make into paste and fry in oil along with mustard).

Serves: 4

Fruit Salad

Ingredients:

Bananas (<i>kela</i>), ripe, peeled, diced into cubes	3
Apple (<i>seb</i>), peeled, diced	1
Lemon (<i>nimbu</i>)	1
Oranges (<i>santra</i>), peeled, diced	2
Green grapes (<i>angoor</i>)	1 small bunch
Mango (<i>aam</i>), ripe	1
Pomegranate seeds (<i>anar dana</i>), fresh	2 tbsp
Pineapple (<i>ananas</i>)	½
Candied cherries	a few
Raisins (<i>kishmish</i>), optional	
Sugar	½ -¾ cup / 75-112 gm / 2½-3½ oz

Method:

1. Mix all the fruits together in a bowl.
2. Melt the sugar in a pan on low heat with very little water till half of it melts. Mix it with the prepared fruits.
3. Chill and then serve.

Note: Mix the lemon juice with the apples and bananas immediately after cutting to prevent it from turning brown. Chop with a stainless steel knife.

Serves: 4



Sirka Pyaz

Onions in vinegar

Ingredients:

Onions, small, peeled	12-15
Salt	1 tsp / 4 gm
Sugar	1 tbsp / 20 gm
Beetroot (<i>chukander</i>), peeled	1
White vinegar (<i>sirka</i>)	1 cup / 200 ml / 7 fl oz

Serves: 4

Method:

1. Rub salt over the onions. Keep aside for half an hour.
2. Pack the onions, sugar, and beetroot in a jar. Pour the vinegar over the mixture and serve.

Variations: 1" piece ginger julienned can also be added with the onions.

Dahi

Plain yoghurt

Ingredients:

Milk	5 cups / 1 lt / 32 fl oz
Yoghurt (<i>dahi</i>), for fermentation	1 tsp / 10 gm

Serves: 4

Method:

1. Boil the milk in a pan and keep aside till lukewarm.
2. Add the starter yoghurt to the milk and mix well. Keep aside to set in a warm place for 6-8 hours.
3. Once set, refrigerate to chill. Serve cold as an accompaniment with any meal



Bhuraani Raita

Spiced yoghurt

Ingredients:

Yoghurt (<i>dahi</i>), whisked	2½ cups / 500 gm / 1.1 lb
Garlic (<i>lasan</i>), crushed	2 tsp / 6 gm
Salt to taste	
Yellow chilli powder	½ tsp / 1 gm
Cumin (<i>jeera</i>) powder	½ tsp / 1 gm

Serves: 4

Method:

1. Mix the garlic with salt. Add to the whisked yoghurt.
2. Reserve a bit of the yellow chilli powder and cumin powder and mix the rest in the yoghurt.
3. Pour into a serving bowl. Sprinkle the reserved powders in a decorative design on the yoghurt.
4. Serve chilled accompanied with biryani.



Mixed Raita

Mixed vegetables in yoghurt

Ingredients:

Yoghurt (<i>dahi</i>)	2½ cups / 500 gm / 1.1 lb
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Coriander (<i>dhaniya</i>) seeds	1 tsp / 2 gm
Black peppercorns (<i>sabut kali mirch</i>)	½ tsp / 1 gm
Salt to taste	
Cucumber (<i>khira</i>), medium-sized, chopped	½
Green chillies, finely chopped	2
Mint (<i>pudina</i>) leaves, finely chopped	1 tsp / 2 gm
Onions, chopped	3 tbsp / 36 gm / 1¼ oz
Tomatoes, chopped	30 gm / 1 oz
Red chilli powder	a pinch

Method:

1. Heat a griddle (*tawa*) and broil the cumin seeds, coriander seeds, and black peppercorns till dark and aromatic. Pound and keep aside.
2. Whisk the yoghurt with salt. Add all the vegetables.
3. Pour into a glazed earthenware bowl. Sprinkle some red chilli powder and the pounded spices.
4. Serve chilled.

Variation: 60 gm / 2 oz squeezed pineapple chunks can also be added.

Serves: 4

Bhindi Raita

Fried okra in yoghurt

Ingredients:

Okra (<i>bhindi</i>), washed, dried, sliced diagonally into 2 mm-thick pieces	100 gm / 3½ oz
Vegetable oil for frying	
Yoghurt (<i>dahi</i>), thick	4½ cups / 900 gm / 2 lb
Salt to taste	
Red chilli powder	a pinch
Cumin (<i>jeera</i>) seeds, roasted, powdered	a pinch

Method:

1. Heat the oil in a wok (*kadhai*); deep-fry the okra till crisp. Remove and drain the excess oil on absorbent kitchen towels.
2. Whisk the yoghurt with salt. Add fried okra and mix well.
3. Garnish with red chilli powder and cumin powder. Serve chilled.

Serves: 4



Boondi Raita

Crisp gram flour granules in yoghurt

Ingredients:

Gram flour (<i>besan</i>)	2½ tbsp / 25 gm
Salt	¼ tsp / 1 gm
Baking powder	½ tsp / 2 gm
Water as required	
Vegetable oil for frying	
Yoghurt (<i>dahi</i>), thick	4½ cups / 900 gm / 2 lb
Cumin (<i>jeera</i>) seeds, roasted, crushed	a pinch
Red chilli powder	½ tsp / 1 gm

Method:

1. Mix the gram flour, salt, and baking powder in a bowl. Whisk into a smooth batter with a little water.
2. Heat the oil in a pan; pour about 2 tbsp batter, at a time, through a slotted spoon to form small granules. These will froth in the hot oil, then rise to the surface. Fry until crisp and golden. Remove and drain the excess oil. Repeat till all the batter is used up.
3. Transfer the gram flour granules in a bowl containing warm water. When the granules turn soft, squeeze the excess water. Keep aside.
4. Whisk the yoghurt with salt, cumin seeds, red chilli powder in a bowl until smooth and creamy.
5. Add the gram flour granules and serve at room temperature or chilled.

Serves: 4

Irani Raita

Whisked yoghurt with raisins and honey

Ingredients :

Yoghurt (<i>dahi</i>), whisked	4 cups / 800 gm / 28 oz
Honey	5 tbsp
Raisins (<i>kishmish</i>), chopped	2 tbsp / 20 gm
Cucumber (<i>khira</i>), peeled, finely chopped	450 gm / 1 lb
White pepper (<i>safed mirch</i>) powder	½ tsp / 1 gm
Salt to taste	
Cumin (<i>jeera</i>) seeds, roasted, powdered	½ tsp / 1 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method :

1. To the whisked yoghurt, add honey, raisins, cucumber, white pepper powder, and salt. Mix well. Transfer the mixture to a serving bowl.
2. Sprinkle cumin powder and garnish with green coriander.
3. Serve chilled or at room temperature with any meal.

Serves: 4



Orange Raita

Orange-flavoured yoghurt

Ingredients :

Yoghurt (<i>dahi</i>), thick	4 cups / 800 gm / 14 oz
Salt to taste	
Oranges, peeled, separated into segments, cut into 10 mm cubes	200 gm / 7 oz
Cumin (<i>jeera</i>) seeds, roasted, pounded	a pinch

Method :

1. Whisk the yoghurt and salt together.
2. Add the oranges and mix well.
3. Serve chilled garnished with cumin powder.

Serves: 4

Pyaz Ka Raita

Yoghurt flavoured with fried onions

Ingredients:

Yoghurt (<i>dahi</i>), whisked	2½ cups / 500 gm / 1.1 lb
Water	½ cup / 125 ml / 4 fl oz
Salt	1 tsp / 4 gm
Vegetable oil	1 tbsp / 15 ml
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Onions, small, chopped	2
Red chilli powder	½ tsp / 1 gm
Turmeric (<i>haldi</i>) powder	¼ tsp

Method:

1. Mix the yoghurt, water and salt together; keep aside.
2. Heat the oil in a wok (*kadhai*); add cumin seeds and when it crackles, add onions and fry till brown. Add red chilli powder and turmeric powder. Mix and remove from heat.
3. Pour this mixture into the yoghurt mixture and mix well.
4. Smoke (see p. 520) the *raita* with ghee.

Serves: 4



Dahi Bhalla

Split black gram dumplings in tangy yoghurt

Ingredients:

For the *bhalla* (dumplings):

Black gram, split (<i>dhuli urad dal</i>)	1 cup / 150 gm / 5 oz
Water	2 cups / 500 ml / 16 fl oz
Salt	½ tsp / 2 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Ginger (<i>adrak</i>), chopped	2 tsp / 12 gm
Green chillies, chopped	1 tsp
Vegetable oil	1¼ cups / 250 ml / 8 fl oz

For the yoghurt mixture:

Yoghurt (<i>dahi</i>), thick, whisked	2 cups / 400 gm / 14 oz
Sugar	1 tsp / 3 gm
Salt	½ tsp / 2 gm
Cumin seeds, roasted, pounded	1 tsp / 2 gm
Black salt (<i>kala namak</i>)	½ tsp / 1 gm
White pepper (<i>safed mirch</i>) powder	½ tsp / 1 gm

For the garnishing:

Ginger, julienned	1 tsp / 6 gm
Green chillies, julienned	1 tsp
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Red chilli powder	a pinch
Cumin seeds, roasted, pounded	a pinch
Mint (<i>pudina</i>) leaves	4 sprigs
Tamarind chutney (<i>sonth</i>)	3 tbsp / 45 gm / 1½ oz

Method:

1. For the *bhalla*, clean the black gram and soak in water for 2 hours. Drain and grind to a fine paste, adding very little water. Remove to a mixing bowl and add salt, cumin seeds, ginger, and green chillies. Mix well and shape into even-sized balls.
2. Heat the oil in a wok (*kadhai*); add the prepared balls, a few at a time, and deep fry till golden brown. (Make a hole in the centre of the ball with the thumb just before frying.) Remove and drain the excess oil on absorbent paper towels.
3. Soak the prepared *bhalla* in lukewarm water till soft.
4. For the yoghurt mixture, add all the ingredients and mix well.
5. Remove the *bhalla* from water, squeeze out excess water and add to the yoghurt mixture. Keep aside for 10-15 minutes.
6. Serve chilled, garnished with ginger, green chillies, green coriander, red chilli powder, cumin powder, mint leaves, and tamarind chutney (see p. 418).

Serves: 4

Khira Dilwala Raita

Cucumber and dill in yoghurt

Ingredients:

Yoghurt (<i>dahi</i>)	2½ cups / 500 gm / 1.1 lb
Cucumber (<i>khira</i>), peeled, grated	½ cup
Black peppercorns (<i>sabut kali mirch</i>), ground	½ tsp
Dried dill flakes	½ tbsp
Sugar	1 tsp / 3 gm
Salt to taste	
Cumin (<i>jeera</i>) powder	½ tsp / 1 gm

Method:

1. Beat yoghurt till smooth.
2. Add all the ingredients to the yoghurt except cumin powder. Mix well.
3. Serve chilled garnished with cumin powder.

Serves: 4



Lal Rattan Raita

Pomegranate in whisked yoghurt

Ingredients:

Yoghurt (<i>dahi</i>)	2½ cups / 500 gm / 1.1 lb
Pomegranate kernels (<i>anar dana</i>), fresh	1 cup
Salt	1 tsp / 4 gm
Black salt (<i>kala namak</i>)	¼ tsp
Red chilli powder	½ tsp
Cumin (<i>jeera</i>) seeds, roasted, ground	1 tsp / 2 gm
Pineapple (<i>anas</i>), tinned	2 pieces
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Method:

1. Beat the yoghurt till smooth. Add pomegranate kernels, salt, black salt, red chilli powder, and cumin powder; mix well. Transfer into a serving dish.
2. Surround the dish with pineapple rings. Serve garnished with few pomegranate kernels and green coriander.

Serves: 4



Beverages & Soups

Aamras

Sweet mango drink

Ingredients:

Mangoes, ripe	2 / 420 gm / 14 oz
Milk	1½ cups / 300 ml / 11 fl oz
Sugar	4 tbsp / 80 gm / 2¾ oz
Water or crushed ice	½ cup / 175 ml / 6 fl oz

Serves: 5-6

Method:

1. Peel the mangoes and take out the pulp. Discard the skin and the seeds.
2. Blend the pulp with the other ingredients.
3. Strain and serve chilled.

Note: *This drink tastes best if made of Gulabkhas or Pairee or Alphonso mangoes.*



Kanji

Tangy mustard drink

Ingredients:

Red mustard seeds (<i>rai</i>), soaked in water for 2 hours	2 tbsp
Red chilli powder	½ tsp / 1 gm
Fennel (<i>moti saunf</i>) seeds, coarsely crushed	½ tsp / 1 gm
Yoghurt (<i>dahi</i>), thick	1 tsp
Asafoetida (<i>hing</i>)	a pinch
Salt to taste	
Water	4 cups / 1 lt / 32 fl oz

Serves: 5-6

Method:

1. Drain and grind the mustard seeds to a smooth paste.
2. Mix all the ingredients (except water) well for 2-3 minutes in a big bowl.
3. Gradually add the water and mix well.
4. Keep aside to mature overnight. This drink can be preserved for 10-15 days.

Variations: *Parboiled vegetables like potatoes, carrots, cauliflower, and beans can be added to the kanji, while just potatoes or carrots also taste good.*

Boiled beetroot cubes, if added, lend colour to the drink.

Parboiled black carrot juliennes in red kanji look and taste wonderful.

Soft green-gram fritters (moong dal pakori) in the kanji are light to eat.

Kairi Pani

Raw mango appetizer

Ingredients:

Mangoes, big, raw,	2 / 250 gm / 9 oz
Green coriander	
chutney (see p. 419)	2 tbsp / 30 gm / 1 oz
Mint (<i>pudina</i>) paste	1 tsp / 5 gm
Cumin (<i>jeera</i>) seeds,	
roasted, powdered	1 tsp / 2 gm
Salt to taste	

Method:

1. Cover the mangoes with enough water and boil in a pressure cooker till very tender.
2. When cool, remove the pulp and discard the seeds. Add 1 lt / 32 fl oz water to the pulp and mix well. Strain the mixture through a muslin cloth. Discard the pulp.
3. Add the green coriander chutney, mint paste, cumin powder, and salt to the strained liquid; mix well. Strain the mixture again. Serve chilled.

Variation: 2 tsp sugar can also be added to this drink if you like it sweet and sour. Salted boondi (gram-flour granules) can be added just before serving. This drink is served in small quantities.

Serves: 6-8



Kesar Shikanji

A refreshing saffron drink

Ingredients:

Sugar	4 cups / 600 gm / 11 oz
Water	4 cups / 1 lt / 32 fl oz
Sodium benzoate (preservative)	a pinch
Lemon (<i>nimbu</i>) juice	1 cup / 200 ml / 7 fl oz
Saffron (<i>kesar</i>), soaked in 2 tbsp water	
for 1 hour	1 tsp / 1 gm

Method:

1. Boil the water and the sugar in a pan, stirring continuously. Cook till the sugar dissolves completely and the syrup is sticky. It should not be too thick or the sugar will set. Remove from heat.
2. Add sodium benzoate and mix well. Keep aside to cool. Add lemon juice, mix well and then strain the mixture through a thin muslin cloth.
3. Add the soaked saffron, mix well and bottle.

Note: 1 lt of concentrate makes about 20-25 glasses of this refreshing drink.

Makes: 1 lt. concentrate

Aam Ka Panna

Raw mango drink flavoured with saffron

Ingredients:

Mangoes, raw, tops sliced off	4
Water	2 cups / 500 ml / 16 fl oz
Sugar	1 cup / 150 gm / 5 oz
Green cardamom (<i>choti elaichi</i>)	
seeds, powdered	½ tsp / 1 gm
Saffron (<i>kesar</i>)	a few strands

Serves: 6

Method:

1. Boil the mangoes until tender and pulpy.
2. Peel the skins and scrape off the pulp from the seeds. Discard the seeds.
3. Mix the pulp with the water and strain the mixture.
4. Add the sugar, green cardamom powder, and saffron. Mix well.
5. Serve chilled in individual glasses.

Variation: If you do not want a sweet preparation then substitute saffron, green cardamom powder and sugar with roasted, ground cumin seeds and salt.



Chaach

Buttermilk tempered with mustard seeds

Ingredients:

Yoghurt (<i>dahi</i>)	1 cup / 200 gm / 7 oz
Cumin (<i>jeera</i>) powder, roasted	½ tsp / ¾ gm
Green chilli, small	1
Ginger (<i>adrak</i>), ¼" piece	1
Black salt (<i>kala namak</i>) to taste	
Salt to taste	
For the tempering:	
Vegetable oil	1 tsp / 5 ml
Mustard seeds (<i>rai</i>)	¼ tsp / ¾ gm

Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm
Mint (<i>pudina</i>) leaves, chopped	1 tbsp / 4 gm

Method:

1. Blend yoghurt, cumin powder, green chilli, ginger, black salt, and salt for a few seconds.
2. Add 2 cups water and blend once again. Pour into individual glasses.
3. **For the tempering**, heat the oil in a pan; add the mustard seeds. When they splutter, remove the pan from the heat and pour a little in each glass.
4. Serve chilled, garnished with green coriander and mint leaves.

Serves: 3-4

Baaflo

Roasted mango drink flavoured with cumin

Ingredients:

Mangoes, raw	250 gm / 9 oz
Water	2 cups / 500 ml / 16 fl oz
Sugar	4 tbsp / 80 gm / 2¾ oz
Cumin (<i>jeera</i>) powder	1½ tsp / 2¼ gm
Salt to taste	

Serves: 4

Method:

1. Roast the mangoes in an open fire. Alternately, pressure cook the mangoes on high heat with water. Remove from heat after 2 whistles.
2. When cool enough to handle, peel the mangoes, scrape all the pulp from the seeds. Discard the seeds. Retain the liquid and the pulp.
3. Blend the pulp and the liquid till smooth. Add the sugar, cumin powder, and salt.
4. Stir till the sugar dissolves completely.
5. Pour into individual glasses and serve chilled.



Chara Ko Raas

Clear chicken soup

Ingredients:

Chicken bones	250 gm / 9 oz
Onion, small, chopped	1
Garlic (<i>lasan</i>) cloves	4-5
Ginger (<i>adrak</i>), 1" piece, thinly sliced	1
Coriander (<i>dhaniya</i>) seeds	1 tsp / 2 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Cloves (<i>laung</i>)	4
Green cardamom (<i>choti elaichi</i>)	4
Black peppercorns (<i>sabut kali mirch</i>)	1 tsp / 6 gm
Nutmeg (<i>jaiphal</i>), small piece	1
Water	1 cup / 250 ml / 8 fl oz
Salt to taste	

Method:

1. Put all the ingredients in a heavy-bottomed pan and bring to the boil. Leave to simmer for 30 minutes.
2. Take out the bones; crush them with a mortar-pestle and put them back into the liquid. Let it simmer for 10 minutes more. Add 1-2 cups of extra water, if it seems less.
3. Strain through a thick cloth or net colander into separate soup bowls and serve hot, accompanied with rice.

Serves: 2-4

Khashi Ko Masu Ko Raas

Lamb soup

Ingredients:

Lamb, boneless pieces	1 kg / 2.2 lb
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Fenugreek seeds (<i>methi dana</i>)	½ tsp / 1½ gm
Asafoetida (<i>hing</i>)	2 pinches
Onions, medium-sized, chopped	2
Garlic (<i>lasan</i>) cloves, whole	10
Ginger (<i>adrak</i>), sliced	2 tsp / 12 gm
Coriander (<i>dhaniya</i>) seeds	2 tsp / 4 gm
Cumin (<i>jeera</i>) seeds	1 tsp / 2 gm
Black peppercorns (<i>sabut kali mirch</i>)	15
Black cardamom (<i>badi elaichi</i>)	4
Cinnamon (<i>dalchini</i>), 1" stick	1
Turmeric (<i>haldi</i>) powder	½ tsp / 1 gm
Salt to taste	
Water	4 cups / 1 lt / 32 fl oz
Green coriander (<i>hara dhaniya</i>)	1 tbsp / 4 gm
Lemon (<i>nimbu</i>) juice	2 tsp / 10 ml

Method:

1. Heat the oil in a pan; add fenugreek seeds, asafoetida, and lamb. Cook for 15 minutes or till the liquid dries.
2. Add the remaining ingredients except the last three juice. Cook for 5 minutes, add water and cook till the lamb is done.
3. Remove the lamb pieces and keep aside. Strain the soup through a colander.
4. Add lemon juice to the soup, put back the lamb pieces and serve with 2-3 pieces of lamb in each bowl. Garnish with green coriander and serve hot with boiled rice.

Serves: 4-6



Amalvaniya

A Rajasthani sweet and sour tamarind drink

Ingredients:

Tamarind (<i>imli</i>)	1 cup / 200 gm / 7 oz
Water	4 cups / 1 lt / 32 fl oz
Sugar	1 cup / 150 gm / 5 oz

Serves: 2-4

Method:

1. Soak the tamarind in 1 cup warm water. Extract the pulp.
2. Add the remaining water and sugar. Stir till the sugar dissolves completely.
3. Pass the mixture through a sieve. Serve chilled.

Rabadi

Millet flour in yoghurt

Ingredients:

Yoghurt (<i>dahi</i>)	1¼ cups / 250 gm / 9 oz
Millet flour (<i>bajra</i>)	4 tbsp / 32 gm / 1¼ oz
Butter	7 tsp / 35 gm / 1¼ oz
Ginger-garlic (<i>adrak-lasan</i>) paste	4 tsp / 24 gm
Water	12 cups / 3 lt / 96 fl oz
Salt to taste	
Cumin (<i>jeera</i>) seeds, powdered, roasted	1 tsp / 2 gm
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

Serves: 4-6

Method:

1. Mix together yoghurt and flour in a bowl. Keep aside.
2. Heat the butter in a pot; add ginger-garlic paste and sauté on medium heat for 2-3 minutes or until brown in colour.
3. Stir in the flour-yoghurt mixture and bring to the boil.
4. Add water, lower heat and simmer till the mixture is reduced to two-third the original quantity.
5. Add salt and mix well. Remove from heat and cool to room temperature. Pass the mixture through a muslin cloth. Serve chilled, garnished with cumin powder and green coriander.



Alisa

Wheat soup with meat

Ingredients:

Broken wheat (<i>dalia</i>)	1 cup / 100 gm / 3½ oz
Chicken / Lamb, diced	250 gm / 9 oz
Onion, large, diced	1
Cinnamon (<i>dalchini</i>), 1" stick	1
Salt to taste	
Water	3 cups / 750 ml / 24 fl oz
Ghee	2 tbsp / 30 gm / 1 oz
Button onions, chopped	1 tbsp / 15 gm
Sugar	a pinch

Serves: 2-4

Method:

1. Cook the broken wheat with the chicken or lamb onion, cinnamon stick, salt, and water for 20-25 minutes.
2. When the meat is cooked, remove from heat and mash the mixture well with a wooden spoon. Keep aside.
3. Heat the ghee (keep aside 1 tsp for garnishing) in a heavy-bottomed pan; add the button onion and fry till light golden brown. Add the soup and check for seasoning.
4. Serve hot with a dash of ghee and a pinch of sugar.

Tarbuj Ka Sharbat

Watermelon juice flavoured with mint

Ingredients:

Watermelon (<i>tarbuj</i>)	4 kg / 8.8 lb
Mint (<i>pudina</i>) leaves, chopped	1 tsp / 2 gm
Black salt (<i>kala namak</i>) to taste	

Serves: 4

Method:

1. Cut the flesh of the watermelon into small chunks, discard the rind. Remove all the seeds.
2. Blend the watermelon chunks with mint leaves.
3. Strain through a muslin cloth and discard the pulp.
4. Serve chilled in individual glasses.



Bel Ka Sharbat

Bael squash

Ingredients:

Bael (<i>bel</i>), large	1
Water	4 cups / 1 lt / 32 fl oz
Sugar, powdered	½ cup / 75 gm / 2½ oz

Serves: 4

Method:

1. Break open the bael and remove the pulp.
2. Soak the pulp in water and leave overnight.
3. Dissolve the sugar in the water and add to the bael mixture. Strain the mixture through a muslin cloth. Discard the pulp.
4. Serve chilled in individual glasses.



Thandai

A rich creamy drink flavoured with saffron

Ingredients:

Milk	5 cups / 1 lt / 32 fl oz
Almonds (<i>badaam</i>), soaked in water for 1 hour, peeled	½ cup / 60 gm / 2 oz
Cashew nuts (<i>kaju</i>)	2 tbsp / 30 gm / 1 oz
Soaked for 2 hours and drained:	
Melon (<i>magaz</i>) seeds	½ cup
Black peppercorns (<i>sabut kali mirch</i>)	10-15
Poppy seeds (<i>khus khus</i>)	6 tsp / 12 gm
Green cardamom (<i>choti elaichi</i>)	10
Aniseed (<i>saunf</i>)	2 tsp / 4 gm

Sugar	10 tbsp / 200 gm / 7 oz
Rose water (<i>gulab jal</i>)	1 tbsp / 15 ml
Saffron (<i>kesar</i>), soaked in 1 tbsp water a few strands	

Method:

1. Blend almonds, cashew nuts, and the drained ingredients to a smooth paste with a little milk.
2. Mix the paste in the remaining milk. Add sugar and blend again. Strain the mixture through a muslin cloth.
3. Add rose water and mix well.
4. Serve chilled, garnished with saffron strands.

Serves: 4

Pudina Chhaj

A yoghurt drink flavoured with mint

Ingredients:

Yoghurt (<i>dahi</i>)	2 cups / 400 gm / 14 oz
Cumin (<i>jeera</i>) seeds, roasted	½ tsp / 1 gm
Black salt (<i>kala namak</i>)	½ tsp / 2 gm
Salt to taste	
Dried mint (<i>pudina</i>)	
leaves, ground	¼ tsp
Water, cold	2 cups / 500 ml / 16 fl oz

Method:

1. Blend yoghurt with the other ingredients except water till well mixed.
2. Add chilled water and some ice cubes and blend again for a few seconds.
3. Serve chilled, garnished with 2-3 mint leaves.

Serves: 4



Pudina Ka Thanda

Mint cooler

Ingredients:

Mint (<i>pudina</i>) leaves, minced	¼ cup
Water	3 cups / 750 ml / 23 fl oz
Juice of lemons (<i>nimbu</i>), fresh	4
Sugar	6 tbsp / 120 gm / 4 oz
Black salt (<i>kala namak</i>)	½ tsp / 2 gm
Rose water (<i>gulab jal</i>)	¼ tsp

Method:

1. Blend all the ingredients together for about 2 minutes or till well mixed.
2. Serve chilled, garnished with fresh mint leaves.

Serves: 4

Masala Chai

Flavoured tea

Ingredients:

Water	6 cups / 1½ lt / 48 fl oz
Tea leaves or tea dust	4 tsp
Ginger (<i>adrak</i>), roughly chopped	1 tsp / 6 gm
Green cardamom (<i>choti elaichi</i>), powdered	2
Milk	½ cup / 100 ml / 3½ fl oz
Sugar to taste	

Method:

1. Boil the water, tea leaves, ginger, and green cardamom powder together for 3 minutes. Add milk and sugar and boil for another 2 minutes.
2. Strain through a fine wire mesh strainer and serve at once.

Serves: 4-6



Filter Coffee

Ingredients:

South Indian coffee beans	4 tsp / 20 gm
Boiling water	½ cup / 125 ml / 4 fl oz
Milk	2-3 cups / 400-600 ml / 14-22 fl oz
Sugar to taste	

Method:

1. Dry roast the coffee beans in a frying pan for a minute or two or in a microwave oven for a minute. Grind to a fine powder in a blender or buy fresh coffee powder instead.
2. Put the powder in the top portion of a 4 cup-filter can (available in any Indian utensil shop). Add boiling water. Cover and allow the coffee to percolate to the bottom container of the filter can.
3. Bring the milk to the boil. Divide the strained coffee into 4 tumblers. Pour equal portions of hot milk into each. Holding an empty tumbler in the left hand, pour the entire coffee-milk mixture into an empty one, ensuring that you pour from a height to make it frothy. Sugar may be added to the milk, if desired. Serve at once.

Serves: 4

Thakkali Rasam

Tomato soup

Ingredients:

Tomatoes, large, chopped	4
Red gram (<i>arhar dal</i>), soaked for 5 minutes	1 tbsp / 25 gm
Salt to taste	
Green chillies	4
Ginger (<i>adrak</i>), chopped	1 tsp / 6 gm
Turmeric (<i>haldi</i>) powder	¼ tsp
Water	3 cups / 750 ml / 24 fl oz
Green coriander (<i>hara dhaniya</i>), chopped	1 tbsp / 4 gm

For the tempering:

Ghee	2 tsp / 10 gm
Mustard seeds (<i>rai</i>)	¾ tsp / 2 gm
Cumin (<i>jeera</i>) seeds	¾ tsp / 1½ gm
Dry red chillies (<i>sookhi lal mirch</i>), broken	2
Asafoetida (<i>hing</i>)	¼ tsp / 1½ gm
Curry leaves (<i>kadhi patta</i>)	a few

Method:

1. In a deep pot, add tomatoes, red gram, salt, green chillies, ginger, turmeric powder, water, and green coriander; cook for 30-35 minutes. Mash well with a wooden spoon till all the ingredients are well mixed. Keep aside.
2. Heat the ghee in a pan. Add all the ingredients for the tempering. Cook for a few seconds only.
3. Pour this over the soup. Check for seasoning. Serve hot.

Serves: 2-4



Nariyal Kanji

Rice soup flavoured with coconut milk

Ingredients:

Broken rice, washed, drained	1¼ cups / 250 gm / 9 oz
Water	4 cups / 1 lt / 32 fl oz
Coconut (<i>nariyal</i>) milk, extract (see p. 10)	¾ cup / 150 ml / 5 fl oz
Salt to taste	

Method:

1. Cook the broken rice in a pot with water till it is very soft. Keep aside.
2. Pour in the coconut milk and check for seasoning.
3. Serve hot.

Serves: 4-5

Dahi Pudina Ka Shorba

Mint-flavoured yoghurt soup

Ingredients :

Yoghurt (<i>dahi</i>)	2 cups / 400 gm / 14 oz
Mint (<i>pudina</i>) leaves, chopped	3 cups / 45 gm / 1½ oz
Water	2 cups / 500 ml / 16 fl oz
Salt to taste	
Black pepper (<i>kali mirch</i>) powder	1 tsp / 2 gm
Cumin (<i>jeera</i>) powder, roasted	1 tsp / 1½ gm
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz
Cream	¾ cup / 150 ml / 5 fl oz

Method :

1. Heat the water in a pan and gradually blend in the yoghurt.
2. Add salt, black pepper powder, cumin powder, and lemon juice. Cook on low heat for 15 minutes.
3. Add cream and mint leaves, stir and continue to cook on low heat for 10 more minutes.
4. Remove from heat, pour the soups into individual bowls and serve hot.

Serves: 4



Tamater Ka Shorba

Tangy and spicy tomato soup

Ingredients :

Tomatoes	800 gm / 28 oz
Vegetable oil	4 tbsp / 60 ml / 2 fl oz
Cinnamon (<i>dalchini</i>), 1" sticks	3-4
Cloves (<i>laung</i>)	5-6
Bay leaves (<i>tej patta</i>)	2
Green cardamom (<i>choti elaichi</i>)	4
Ginger (<i>adrak</i>), chopped	½ tbsp / 12 gm
Garlic (<i>lasan</i>), chopped	1 tbsp / 12 gm
Water	4 cups / 1 lt / 32 fl oz
Salt to taste	
Black pepper (<i>kali mirch</i>) powder to taste	
Cream	3 tbsp / 60 ml / 2 fl oz

Method :

1. Heat the oil in a deep pan; add the whole spices and sauté till they crackle.
2. Add the tomatoes, ginger, garlic, and water. Bring the mixture to the boil and cook on low heat for 30 minutes.
3. Remove from heat and mash the tomatoes. Strain the liquid through a soup strainer into another pan. Discard the tomato pulp.
4. Heat the soup, adjust the seasoning and remove from heat. Stir in the cream and serve hot.

Serves: 4

Tamater Nariyal Ka Shorba

Tomato soup flavoured with coconut

Ingredient:

Tomatoes, chopped	500 gm / 1.1 lb
Coconut (<i>nariyal</i>), grated	½ cup / 50 gm / 1¾ oz
Coconut oil	3 tbsp / 45 ml / 1½ fl oz
Garlic (<i>lasan</i>), chopped	2 tsp / 6 gm
Onions, chopped	3½ tbsp / 40 gm / 1¼ oz
Ginger (<i>adrak</i>), crushed	1 tbsp / 24 gm
Salt to taste	
White pepper (<i>safed mirch</i>) powder	½ tsp / 1 gm
Bay leaves (<i>tej patta</i>)	4
Vegetable stock (see p. 12)	6 cups / 1½ lt / 48 fl oz
Cream	2 tbsp / 40 ml / 1¼ fl oz

Method:

1. Heat the coconut oil in a pot; sauté garlic and onions for a few seconds.
2. Add the coconut and stir-fry. Add tomatoes and ginger.
3. Stir in the salt, white pepper powder, bay leaves, and vegetable stock. Simmer for 15-20 minutes till the tomatoes are cooked and tender. Remove from heat and keep aside to cool.
4. Blend the mixture, strain through a muslin cloth and rehear. Remove from heat and stir in the cream.
5. Pour into individual soup bowls and serve immediately.

Serves: 4



Palak Ka Shorba

Spinach soup

Ingredient:

Spinach (<i>palak</i>), washed, finely chopped	500 gm / 1.1 lb
Butter	2 tbsp / 40 gm / 1¼ oz
Refined flour (<i>maida</i>)	2 tbsp / 20 gm
Ginger (<i>adrak</i>), chopped	5 tsp / 30 gm / 1 oz
Garlic (<i>lasan</i>), chopped	1 tsp / 3 gm
Black peppercorns (<i>sabut kali mirch</i>)	5-6
Bay leaves (<i>tej patta</i>)	4
Salt to taste	
White pepper (<i>safed mirch</i>) powder	a pinch
Vegetable stock (see p. 12)	6 cups / 1½ lt / 48 fl oz

Method:

1. Melt the butter in a pot; add refined flour and cook to a sandy texture.
2. Add ginger, garlic, and spinach; sauté for a few minutes. Add black peppercorns, bay leaves, salt, white pepper powder, and vegetable stock. Simmer for 15-20 minutes.
3. Remove the spinach from the stock and blend to a purée. Return the spinach purée to the stock and cook for 5 minutes.
4. Remove from heat, pour into individual soup bowls and serve hot.

Serves: 4

Gajar-Santre Ka Shorba

Carrots blended with orange juice

Ingredients:

Carrots (<i>gajar</i>), cut into small cubes	500 gm / 1.1 lb
Orange (<i>santra</i>) juice	4 cups / 1 lt / 32 fl oz
Butter	5 tsp / 25 gm
Onions, chopped	1 cup / 120 gm / 4 oz
Salt to taste	
White pepper (<i>safed mirch</i>)	
powder	1 tsp / 2 gm
Sugar	2½ tbsp / 30 gm / 1 oz
Cream	½ cup / 100 ml / 3½ fl oz

Method:

1. Melt the butter in a pan; add onions and sauté till transparent. Add the carrots and sauté for a minute. Add the remaining ingredients except cream and cook on low heat till the carrot is tender.
2. Remove from heat and then strain through a muslin cloth.
3. Reheat the strained soup and stir in the cream. Remove from heat, pour into individual soup bowls and serve hot.

Serves: 4



Broccoli Akhrot Ka Shorba

Creamed broccoli garnished with walnuts

Ingredients:

Broccoli, cut into florets	400 gm / 14 oz
Butter	2 tbsp / 40 gm / 1¼ oz
Onions, chopped	2 tbsp / 24 gm
Garlic (<i>lasan</i>), chopped	1 tsp / 3 gm
Leeks, chopped	30 gm / 1 oz
Celery, chopped	30 gm / 1 oz
Salt to taste	
White pepper (<i>safed mirch</i>)	
powder	½ tsp / 1 gm
Vegetable stock (see p. 12)	6 cups / 1½ lt / 48 oz
Cream	½ cup / 100 ml / 3½ fl oz
Walnuts (<i>akhrot</i>), chopped	1 tbsp / 15 gm

Method:

1. Heat the butter in a pot; add onions and garlic, sauté for a minute. Add leeks, celery, and broccoli; stir-fry for a few seconds.
2. Stir in salt, white pepper, and vegetable stock. Simmer for 20 minutes until the broccoli is tender.
3. Remove the broccoli from the soup and keep aside to cool. When cool, blend to a purée. Mix the purée into the soup and strain through a muslin cloth.
4. Reheat the strained soup and stir in the cream.
5. Remove from heat, pour into soup bowls and serve hot garnished with walnuts.

Serves: 4



Desserts & Sweets

Mithu Dhai

Sweet yoghurt flavoured with nutmeg and cardamom

Ingredients :

Milk	2½ cups / 500 ml / 16 fl oz
Sugar	4 tsp / 12 gm
Yoghurt (<i>dahi</i>)	1 tsp / 10 gm
Nutmeg-green cardamom (<i>jaiphal-choti elaichi</i>) powder	1 tsp / 3 gm

Serves: 6-8

Method :

1. Bring the milk to the boil in a pan.
2. Lower heat, add sugar and simmer, uncovered, for 15-20 minutes.
3. Remove the pan from the heat and keep aside to cool till lukewarm.
4. Smear the bowl with the yoghurt.
5. Pour the milk into the bowl and stir 3 or 4 times.
6. Keep covered for several hours or overnight, till the yoghurt sets. Then keep in the refrigerator.
7. Sprinkle with nutmeg-green cardamom powder before serving.



Mishti Doi

Sweet yoghurt – a fitting end to a good Bengali meal

Ingredients :

Full-cream milk	11 cups / 2 lt / 64 fl oz
Sugar	1 cup / 150 gm / 5 oz
Yoghurt (<i>dahi</i>)	2 tbsp / 60 gm / 2 oz

Serves: 6-8

Method :

1. Cook the milk till it is reduced to 1.2 lt or use 1 lt milk mixed with a 400 ml can of evaporated milk.
2. Boil the milk once, and then add the sugar. Boil till the sugar dissolves completely. Keep aside to cool. The mixture should be lukewarm.
3. Spread the yoghurt in a stone, ceramic or earthen pot. Pour a cup of hot milk and mix quickly. Now pour in the remaining milk, stir once, then cover and keep aside in a closed warm place to set. It usually takes 12-15 hours to set depending on the weather.
4. If you want a nice, frothy top, pour the last bit of the milk from a little height. After the yoghurt is set put it in the refrigerator for a couple of hours before serving. The yoghurt will keep for 4-5 days.

Shrikhand

An exotic yoghurt dessert

Ingredients:

Yoghurt (<i>dahi</i>), hung for 2 hours in a muslin cloth	2½ cup / 500 gm / 1.1 lb
Sugar, ground	¾ cup / 112 gm / 3¾ oz
Saffron (<i>kesar</i>), soaked in 1 tsp water, ground	a few strands
Green cardamom (<i>choti elaichi</i>) seeds, powdered	4
Almonds (<i>badaam</i>), blanched, chopped	6
Pistachios (<i>pista</i>), chopped	8

Method:

1. In a large bowl, mix the yoghurt with sugar. Add ground saffron, half of the green cardamom powder, almonds, and pistachios. Mix well.
2. Pour in individual bowls and serve chilled garnished with the remaining green cardamom powder, dry fruits, and rose petals if desired.

Serves: 5-6



Fruit Shrikhand

Creamy yoghurt with fruits

Ingredients:

Yoghurt (<i>dahi</i>), hung for 1 hour	1 cup / 200 gm / 7 oz
Artificial sweetener to taste or	6 tsp / 30 ml / 1 fl oz
Green cardamom (<i>choti elaichi</i>) powder	¼ tsp
Nutmeg (<i>jaiphal</i>) powder	a pinch
Mixed fruits (of your choice), puréed	150 gm / 5 oz
Lemon (<i>nimbu</i>) juice	2 tbsp / 30 ml / 1 fl oz

Method:

1. Blend the yoghurt with 4 tsp artificial sweetener and spices till creamy. Add a little water if necessary. Keep aside.
2. Mix the fruit purée with lemon juice and the remaining artificial sweetener. Keep aside.
3. Top the yoghurt mixture with the mixed fruit purée. Serve chilled.

Serves: 2-4



Matho

Sweetened yoghurt flavoured with saffron

Ingredients:

Yoghurt (<i>dahi</i>), hung for 2 hours in a muslin cloth	2½ cups / 500 gm / 1.1 lb
Sugar, ground	1 cup / 150 gm / 5 oz
Saffron (<i>kesar</i>), soaked in 1 tsp water, crushed	a few strands
Green cardamom (<i>choti elaichi</i>) seeds, powdered	8-10

Method:

1. Blend yoghurt and sugar together.
2. Transfer the yoghurt in a bowl. Add crushed saffron and green cardamom powder. Mix well.
3. Serve with hot *puri* (see p. 399).

Serves: 6

Sikarni

Nepalese sweetened yoghurt

Ingredients:

Yoghurt (<i>dahi</i>), hung	2½ cups / 500 gm / 1.1 lb
Sugar	2 tbsp / 40 gm
Cinnamon (<i>dalchini</i>) powder	1 tsp / 2 gm
Green cardamom (<i>choti elaichi</i>) seeds, ground	½ tsp / 1 gm
Almonds-pistachios (<i>badaam-pista</i>), peeled, finely sliced	1 tbsp / 15 gm
Raisins (<i>kishmish</i>)	1 tbsp / 10 gm
Serves: 2-4	

Method:

1. Transfer the yoghurt to a bowl and add sugar. Mix well until the sugar gets dissolved.
2. Mix in the cinnamon and cardamom powders. Chill thoroughly and serve in separate bowls with the dry fruits on top.

Note: *This is a kind of Shrikhand but different in taste. If desired, you can add a little chopped fruit (orange, banana, mango, etc.)*



Thandai

Frozen flavoured milk

Ingredients:

Skimmed milk	1 cup / 200 ml / 7 fl oz
Cornflour	1 tsp / 5 gm
Black pepper (<i>kali mirch</i>) powder	¼ tsp
Poppy seeds (<i>khus khus</i>), roasted, powdered	1 tsp / 2 gm
Aniseed (<i>saunf</i>), roasted, powdered	1 tsp / 2 gm
Rum	1 tbsp / 15 ml
Gelatine, dissolved in a little hot water	3 tsp / 15 gm
Artificial sweetener to taste or	4 tsp / 20 ml
Rose water (<i>gulab jal</i>)	¼ tsp
Vetivier (<i>kewda</i>) essence	¼ tsp
Almond (<i>badaam</i>) essence	a few drops

Method:

1. Dissolve the cornflour in skimmed milk; add black pepper, poppy seed powder, and aniseed powder; cook for 2-3 minutes till the milk thickens a little.
2. Remove from heat, stir in the rum, gelatine mixture, artificial sweetener, rose water, vetivier and almond essences till well mixed.
3. Chill till set and serve.

Serves: 2-4

Kheer

Rich and creamy rice pudding

Ingredients:

Milk	10 cups / 2 lt / 64 fl oz
Rice	1¼ cups / 250 gm / 9 oz
Sugar	1⅔ cups / 250 gm / 9 oz
Saffron (<i>kesar</i>), diluted in water	½ tsp / ½ gm
Almonds (<i>badaam</i>), slivered	1¼ tsp / 20 gm
Pistachios (<i>pista</i>), slivered	1¼ tsp / 20 gm
Green cardamom (<i>choti elaichi</i>), powdered	¼ tsp

Serves: 6-7

Method:

1. Wash the rice, drain excess water. Bring the rice and milk to the boil. Cook, stirring constantly, till the rice is tender and the milk is thick.
2. Add sugar and cook for 10 minutes, stirring constantly. Remove from heat; add saffron, almonds, pistachios, and green cardamom powder.
3. Serve hot or chilled.

Variation: *To make kheeranand double the quantity of rice mentioned. Fry rice in 2 tbsp ghee. Then add the milk, stir carefully on low heat so as not to break the rice. This preparation is thicker than kheer and tastes more like rice pudding.*



Makhane Ki Kheer

Sweet thickened milk with lotus seeds

Ingredients:

Lotus seeds (<i>makhane</i>)	1 cup / 200 gm
Water	1 cup / 250 ml / 8 fl oz
Milk	10 cups / 2 lt / 64 fl oz
Sugar	1 cup / 150 gm / 5 oz

Serves: 4-6

Method:

1. Boil the lotus seeds in the water. Let them simmer for half an hour. Drain and keep aside.
2. Boil the milk in a wok (*kadhai*). Simmer for half an hour or till it becomes thick.
3. Add lotus seeds and cook for about 5 minutes.
4. Stir in the sugar and cook till it dissolves completely. Remove from heat and pour into a serving dish.
5. Serve chilled.

Note: *Can also be served hot.*

Apple Kheer

Apple pudding

Ingredients :

Apples (<i>seb</i>), puréed	500 gm / 1.1 b
Cornflour	1 tbsp / 10 gm
Skimmed milk	3 cups / 600 ml / 22 fl oz
Raisins (<i>kishmish</i>)	4 tsp / 20 gm
Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm
Nutmeg (<i>jaiphal</i>) powder	a pinch

Serves: 4

Method :

1. Dissolve the cornflour in skimmed milk. Bring to the boil, stirring continuously. Cook for a few minutes till the milk thickens slightly.
2. Add apple purée, raisins, green cardamom powder, and nutmeg powder. Stir gently for a few minutes till the apple purée is cooked.
3. Serve chilled.



Phirun

Kashmiri rice pudding

Ingredients :

Rice	¾ cup / 150 gm / 5 oz
Milk	5 cups / 1 lt / 32 fl oz
Green cardamom (<i>choti elaichi</i>), crushed	4
Almonds (<i>badaam</i>), blanched, slivered	3 tbsp / 45 gm / 1½ oz
Saffron (<i>kesar</i>)	a pinch
Sugar	2 cups / 300 gm / 11 oz
Silver leaves (<i>varq</i>)	8
Clay bowls (<i>kasore</i>), soaked in water	8

Serves: 6-8

Method :

1. Pick, clean, and wash the rice. Soak in water for 3-4 hours. Drain the water and let the rice dry. When dry, either crumble it or grind coarsely for 10 seconds.
2. Heat the milk in a heavy-bottomed pot; bring to the boil. Add rice, green cardamom, and almonds. Stir frequently with a ladle.
3. Lower heat and cook till the rice softens and the milk thickens. Stir frequently to ensure that it doesn't stick to the bottom.
4. Crush the saffron and soak in a few spoons of hot milk. Add to the pot, followed by the sugar. Stir for a few minutes and remove from heat.
5. Remove the clay bowls from the water, and allow them to dry. When the *phirun* is ready, ladle it out into separate bowls. Decorate with silver leaves and serve chilled.

Phirni

Powdered rice pudding garnished with dry fruits

Ingredients:

Rice, Basmati, soaked for 1 hour	3 tbsp
Full-cream milk,	5 cups / 1 lt / 32 fl oz
Sugar	1 ¹ / ₃ cups / 200 gm / 7 oz
Rose water (<i>gulab jal</i>)	1 tbsp / 15 ml
Almonds (<i>badaam</i>), blanched, finely chopped	15
Pistachios (<i>pista</i>), finely chopped	10
Saffron (<i>kesar</i>), soaked in 1 tbsp water	10 strands
Green cardamom (<i>choti elaichi</i>), crushed	4-5
Silver leaves (<i>varq</i>)	4-5

Serves: 2-3

Method:

1. Grind the rice with $\frac{1}{2}$ cup water.
2. Heat the milk in a pan; add the rice paste and keep stirring till it thickens enough to coat the back of a spoon. Add the sugar and cook till the mixture thickens again to coat the back of the spoon.
3. Remove from heat and transfer the thickened milk into individual earthen containers or glass bowls.
4. Sprinkle rose water and half the dry fruits.
5. Grind the saffron in a mortar and pestle. Sprinkle this over the dry fruits.
6. Garnish with the remaining dry fruits, green cardamom powder, and silver leaves. Refrigerate to set. Serve cold.



Sevain

Vermicelli milk pudding

Ingredients:

Vermicelli (<i>sevain</i>)	1 ¹ / ₄ cups / 125 gm / 4 oz
Ghee	$\frac{1}{2}$ cup / 100 gm / 3 ¹ / ₂ oz
Cloves (<i>laung</i>)	10
Green cardamom (<i>choti elaichi</i>), seeds	11
Milk	6 cups / 1200 ml / 4 ³ / ₄ fl oz
Brown sugar	1 cup / 150 gm / 5 oz
Almonds (<i>badaam</i>), chopped	$\frac{1}{2}$ cup / 60 gm / 2 oz
Raisins (<i>kishmish</i>)	$\frac{1}{4}$ cup / 25 gm
Rose water (<i>gulab jal</i>)	3 tsp / 15 ml

Serves: 2-4

Method:

1. Heat the ghee in a wok (*kadhai*); add cloves and green cardamom. Sauté well for 2-3 minutes to release the aromatic oils into the ghee.
2. Add vermicelli and fry for 2-3 minutes without breaking it. Add milk and bring to the boil. While the milk is simmering, add brown sugar stirring gently so that it dissolves. Cook for 15-20 minutes till the vermicelli becomes soft.
3. Mix the almonds and raisins and stir for another 5 minutes. Add rose water. Stir till the mixture is thick, remove from heat. Keep aside to cool.
4. Serve chilled.

Chenna Payas

Soft cottage cheese pellets in thickened milk

Ingredients:

For the soft cottage cheese (chenna):

Milk 12½ cups / 2½ lt / 48 fl oz

White vinegar (*safed sirka*) or

lemon (*nimbu*) juice 2 tbsp / 30 ml / 1 fl oz

For the sugar syrup:

Sugar 2 cups / 300 gm / 11 oz

Water 1 cup / 250 ml / 8 fl oz

Refined flour (*maida*) 5 tsp / 25 gm

For the thickened milk:

Sugar 3 tbsp / 60 gm / 2 oz

Milk 5 cups / 1 lt / 32 fl oz

Green cardamom (*choti elaichi*)

powder ½ tsp / 1 gm

Saffron (*kesar*) 2 tsp / 2 gm

Almonds (*badaam*), slivered 2 tsp / 10 gm

Pistachios (*pista*), slivered 2 tsp / 10 gm

Saffron a few strands

Method:

1. Boil the milk in a pan; add white vinegar or lemon juice to curdle. Reduce heat. Drain the whey and mash the curd cheese well. Keep aside.
2. **For the sugar syrup**, boil the water in a pot, add the sugar and stir continuously till the sugar dissolves completely.
3. Bring the syrup to the boil, lower heat, add refined flour and simmer. Allow to froth while the syrup is simmering.
4. Meanwhile, make 40 pellets from ¾th of the curd cheese. Gently slide these into the syrup. Continue to simmer until they swell to double their size. Remove the dumplings from the sugar syrup with a slotted spoon and keep aside.
5. Cook the remaining curd cheese in a wok (*kadhai*) on very low heat. Add sugar and stir continuously. Cook till the mixture begins to leave the sides. Remove from heat and keep aside to cool.
6. **For the thickened milk**, put the milk in a wok, bring to the boil and then simmer till it is reduced to 1/3rd. Add green cardamom powder and saffron; remove from heat and stir in the above mixture.
7. Return to heat and cook for about 10-12 minutes. Remove and keep aside to cool.
8. When cool, gently lower the dumplings into the mixture. Serve chilled, garnished with almonds, pistachios, and saffron.

Serves: 4-5



Paneer Payas

Grated cottage cheese in thickened milk

Ingredients:

Milk 5 cups / 1 lt / 32 fl oz

Cottage cheese (*paneer*),

grated coarsely 250 gm / 9 oz

Sugar 1 cup / 150 gm / 5 oz

Almond (*badaam*) flakes 4 tbsp / 20 gm

Pistachio (*pista*) flakes 4 tsp / 20 gm

Saffron (*kesar*), soaked in rose water ½ tsp / ½ gm

Method:

1. Boil the milk till it thickens and is reduced to a quarter of the original quantity.
2. Add sugar, mix well till it dissolves and keep aside to cool.
3. Add cottage cheese and half the almond and pistachio flakes. Mix well.
4. Serve chilled, garnished with the remaining almond and pistachio flakes and saffron.

Serves: 4

Rasmalai

Cottage cheese patties in sweetened milk

Ingredients:

Soft cottage cheese (<i>chenna</i> , see p. 10)	500 gm / 1.1 lb
Semolina (<i>suji</i>)	2 tsp / 10 gm
Sugar	2 kg / 4.4 lb
Water	4 cups / 1 lt / 32 fl oz
Milk	15 cups / 3 lt / 96 fl oz
Pistachios (<i>pista</i>), slivered	1 tbsp / 15 gm
Green cardamom (<i>choti elaichi</i>) powder	2 tsp / 4 gm

Serves: 2-4

Method:

1. Knead the cottage cheese with the semolina well, till it is light and fluffy. Divide and shape into small, round lemon-sized balls.
2. Make a thick sugar syrup with water. Keep aside.
3. Flatten the balls to make patties and then poach them in the thick syrup for 15 minutes.
4. Bring the milk to the boil and cook until it is reduced to three-quarters of the original quantity (about 20 minutes). Add the remaining sugar and green cardamom powder. Stir till the sugar dissolves completely.
5. Add the poached patties into the hot milk. Remove from heat and cool.
6. Serve chilled, garnished with pistachios.



Rosgolla

Cottage cheese dumplings in sugar syrup

Ingredients:

Milk	7½ cups / 1½ lt / 48 fl oz
Lemon (<i>nimbu</i>) juice	3 tsp / 15 ml
Semolina (<i>suji</i>)	2 tsp / 10 gm
Water	2 cups / 500 ml / 16 fl oz
Sugar	1½ cups / 225 gm / 8 oz
Rose water (<i>gulab jal</i>)	2 tsp / 10 ml

Serves: 2-4

Method:

1. Bring the milk to the boil; add lemon juice to curdle the milk.
2. Pass the curdled milk through a muslin cloth. Tie the ends of the cloth and let it hang for 6 hours.
3. When all the whey is drained from the cottage cheese, add semolina and then knead well to make a smooth dough.
4. Divide the dough and shape into small lemon-sized, round balls.
5. Boil the water; add sugar and rose water. Cook till a thick syrup is obtained.
6. Carefully slide the balls into the syrup and cook until they become light and fluffy and start floating.
7. Remove from heat and keep aside to cool. Serve chilled.

Rajbhog

Cardamom and pistachio-stuffed cottage cheese dumplings

Ingredients:

For the filling:

Full-cream milk	1¾ cups / 350 ml / 12 fl oz
Sugar	1½ tbsp / 30 gm / 1 oz
Pistachios (<i>pista</i>), grated	3 tbsp / 45 gm / 1½ oz
Green cardamom (<i>choti elaichi</i>), crushed	5

For the dumplings:

Full-cream milk	10 cups / 2 lt / 64 fl oz
Lemon (<i>nimbu</i>) juice	4 tbsp / 60 ml / 2 fl oz

For the syrup:

Water	10 cups / 2 lt / 64 fl oz
Sugar	10 cups / 1½ kg / 3.3 lb
Cornstarch, dissolved in ¼ cup water	1 tbsp / 15 gm
Rose water (<i>gulab jal</i>)	½ tsp

Serves: 6-8

Method:

1. **For the filling**, boil the full-cream milk and sugar in a pan till the milk is reduced to half. Add pistachios and green cardamom; cook until the mixture leaves the sides of the pan. Keep aside.
2. **For the dumplings**, heat the milk on high heat and bring to the boil. Reduce heat and add lemon juice to curdle the milk. Remove from heat.
3. Pour this cheese-whey mixture into a moist cheesecloth. Pick up the cheesecloth by its corners, twist it loosely just to seal the cheese inside and rinse under a tap for a few minutes. Hang the cloth for 20-30 minutes to allow the excess water to drain.
4. Remove the soft cottage cheese on a clean work surface and crumble it. Divide into 8 portions and flatten each slightly. Also divide the filling equally into 8 portions and place one in the centre of each patty. Roll into balls.
5. **For the syrup**, boil the sugar and water in a pan, till the sugar dissolves. Gently slide in the prepared balls. Boil for 20 minutes, adding the dissolved cornstarch to thicken the consistency of the syrup.
6. Remove from heat and let the dumplings cool. Sprinkle rose water and serve chilled or at room temperature.



Rabri Malai-Balai

A rich creamy dessert

Ingredients:

Full-cream milk	10 cups / 2 lt / 64 fl oz
Sugar	1 cup / 150 gm / 5 oz
Pistachios (<i>pista</i>), chopped	10
Almonds (<i>badaam</i>), chopped	10
Vetivier (<i>kewda</i>) essence	a few drops
Silver leaves (<i>varq</i>)	3-4

Serves: 12-15

Method:

1. Boil the milk in a wok (*kadhai*); add the sugar and cook on low heat, stirring continuously. As the milk simmers a layer of cream will form on the surface. Push this to the side of the wok.
2. Continue pushing the cream on the side till all the milk is converted into cream.
3. Scrape the sides of the wok and scoop out the cream into a serving dish.
4. Add the pistachios and almonds. Sprinkle some vetivier essence and serve garnished with silver leaves. Serve chilled.

Note: *This is best served in earthen bowls.*

Malpua Rabri

Shallow fried pancakes served with thickened milk

Ingredients:

For the sugar syrup:

Water	1 cup / 250 ml / 8 fl oz
Sugar	1 cup / 150 gm / 5 oz

For the batter:

Refined flour (<i>maida</i>)	2½ cups / 250 gm / 9 oz
Baking powder	½ tsp / 1 gm
Yoghurt (<i>dahi</i>)	2 tbsp / 60 gm / 2 oz

Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm
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Saffron (<i>kesar</i>), soaked in 1 tbsp milk	a few strands
Ghee	1½ cups / 300 gm / 11 oz

For the thickened milk (*rabri*):

Milk	15 cups / 3 lt / 96 fl oz
Sugar	1½ cups / 225 gm / 8 oz
Rose water (<i>gulab jal</i>)	5 drops
Pistachios (<i>pista</i>), chopped	1 tbsp / 15 gm

Serves: 4

Method:

1. For the sugar syrup, heat the water in a pan, add the sugar and cook till it reaches a thread-like consistency. Reduce heat for the batter.
2. Sift refined flour and baking powder in a mixing bowl. Add the other ingredients (except ghee) and enough water to make a batter of pouring consistency. Add milk, if required.
3. Heat the ghee in a flat pan; drop a spoonful of batter and fry both sides till golden brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels. Repeat till all the batter is used up.
4. Dip the fried pancakes in the sugar syrup and remove immediately.
5. For the thickened milk (*rabri*), heat the milk in a heavy-bottomed pan; cook till it is reduced to 1/3 rd. Stir in the remaining ingredients and remove from heat. Keep aside to cool and then refrigerate. Serve with the prepared pancakes.



Kulfi

Traditional Indian ice cream

Ingredients:

Full-cream milk	5 cups / 1 lt / 32 fl oz
Cream	1¼ cups / 250 ml / 9 fl oz
Sugar	12/3 cups / 250 gm / 9 oz
Bread, white	1
Almonds (<i>badaam</i>), blanched, peeled, roughly ground	20
Pistachios (<i>pista</i>)	½ cup
Green cardamom (<i>choti elaichi</i>), crushed	4
Saffron (<i>kesar</i>), soaked for 10 minutes	a few strands

Serves: 4

Method:

1. Pour the milk in a thick-bottomed pan; simmer till it is reduced to half its original quantity.
2. Cool and add cream, sugar, bread, almonds, pistachios, green cardamom, and saffron; mix well.
3. Pour into conical *kulfi* moulds and seal tightly with silver foil. Freeze overnight or for at least 12 hours.
4. Just prior to serving, remove the moulds from the freezer. Dip the bottom of the moulds in hot water just for a second, to loosen the sides, and then invert on to serving plates. Serve with *falooda* (cornflour vermicelli) (see p. 486).

Kesar Kulfi

Rich creamy saffron ice-cream

Ingredients:

Milk	10 cups / 2 lt / 64 fl oz
Sugar	1½ cups / 225 gm / 8 oz
Rose water (<i>gulab jal</i>)	5 drops
Pistachios (<i>pista</i>), blanched, slivered	2 tbsp / 30 gm / 2 oz
Saffron (<i>kesar</i>)	a pinch
Green cardamom (<i>choti elaichi</i>), powdered	½ tsp / 1 gm

Serves: 4-6

Method:

1. Boil the milk in a wok (*kadhai*); lower heat and stir constantly for 15 minutes. Thereafter, stir after every 5 minutes, until the milk is reduced to less than half its original quantity and acquires a granular texture.
2. Remove from heat; add sugar, rose water, pistachios, saffron soaked in 1 tbsp of milk and green cardamom powder. Stir till the sugar dissolves and then cool. Pour this mixture into *kulfi* (cone-shaped) moulds and cover. Freeze for atleast 8-10 hours, to allow it to set well.
3. To unmould, open the lid, run a knife along the insides of the moulds and invert onto a serving dish. Alternately, dip the moulds (lid closed) into a pan of water, hold for a few seconds and then invert onto the serving dish.
4. Cut into pieces and serve immediately, sprinkled with rose syrup.



Kujja Kulfi

Ice cream in earthenware moulds

Ingredients:

Milk	5 cups / 1 lt / 32 fl oz
Sugar	3 tbsp / 60 gm / 2 oz
Saffron (<i>kesar</i>), soaked in 1 tbsp water	a few strands
Yellow colour	2-3 drops
Green cardamom (<i>choti elaichi</i>) powder	a pinch
Cashew nuts (<i>kaju</i>), chopped	4 tsp / 20 gm
Pistachios (<i>pista</i>), blanched, chopped	1 tbsp / 15 gm

Serves: 4

Method:

1. Heat the milk in a wok (*kadhai*); cook on medium heat, stirring constantly till it is reduced to ¼th.
2. Remove the wok from the heat and stir in the sugar till it is completely dissolved.
3. Mix in saffron, yellow colour, green cardamom powder, cashew nuts, and pistachios.
4. Fill the mixture into earthenware moulds (*kujja*), cover with a lid and seal with any dough.
5. Place the moulds in a freezer for 1½ hours to allow the mixture to set.
6. Remove from the freezer, take off the lid and serve immediately.

Mango Kulfi

Mango ice cream

Ingredients:

Mango (<i>aam</i>) pulp	2¼ cups / 450 gm / 1 lb
Milk	5 cups / 1 lt / 32 fl oz
Sugar	3 tbsp / 60 gm / 2 oz
Saffron (<i>kesar</i>)	a few strands
Cream, thick	¾ cup / 150 ml / 5 fl oz

Serves: 4-6

Method:

1. Boil the milk in a heavy-bottomed pan; lower heat and let it simmer. Add sugar and cook till the milk is reduced to 1/3rd and is thick and creamy.
2. Add mango pulp and saffron; cook further for 2 minutes. Cool to room temperature and mix in the cream.
3. Spoon the mixture into 6-8 *kulfi* moulds. Seal tightly with silver foil and freeze for at least 8 hours. Shake the mould thrice during the first hour of freezing.
4. Just prior to serving, remove the moulds from the freezer. Dip the bottom of the moulds in hot water just for a few seconds to loosen the sides and invert on to serving dishes. Serve immediately.



Pista Kulfi

Pistachio ice cream

Ingredients:

Full-cream milk	20 cups / 4 lt / 128 fl oz
Sugar	2 cups / 300 gm / 11 oz
Pistachios (<i>pista</i>), chopped	½ cup / 60 gm / 2 oz
Green cardamom (<i>choti elaichi</i>) powder	½ tsp / 1 gm
Cherries (<i>gilas</i>), chopped	10

Serves: 6-8

Method:

1. Boil the milk on medium heat till it is reduced to half (30-45 minutes). The consistency should be slightly thick and the colour, a pale yellow.
2. Gradually, add sugar. Stir for another 3-4 minutes until the sugar is completely dissolved.
3. Cool and add pistachios, green cardamom powder, and cherries.
4. Fill the mixture into *kulfi* moulds. Seal tightly with silver foil and freeze for 1½-2 hours.
5. Remove from the freezer, dip the bottom of the moulds in hot water just for a few seconds to loosen the sides, and invert on to the serving dishes. Serve with *falooda* (see p. 486).

Falooda

Fresh cornflour vermicelli served with kulfi

Ingredients :

Water	2 cups / 500 ml / 16 fl oz
Cornflour	½ cup / 50 gm
Yellow colour (optional)	a few drops

Method :

1. Mix the water and cornflour in a wok (*kadhai*) and stir thoroughly. Add the yellow colour.
2. Cook on low heat, stirring continuously, till the mixture thickens and becomes gelatinous. Remove from heat.
3. Pour into a *falooda* press and place over a container filled with cold water.
4. Press the mixture out into a platter in one continuous stream without stopping.
5. Store the *falooda* in the refrigerator and serve chilled, as an accompaniment with *kulfi*. If desired, you can flavour the *falooda* with Roohafza or rose water.

Serves: 4



Shahi Tukda Nawabi

Bread soaked in flavoured milk

Ingredients :

Milk	5 cups / 1 lt / 32 fl oz
Green cardamom (<i>choti elaichi</i>) powder	½ tsp / 1 gm
Saffron (<i>kesar</i>)	a few strands
Sugar	1½ cups / 225 gm / 8 oz
Ghee	1 cup / 200 gm / 7 oz
Milk bread, slices	8

For the thickened milk (*rabri*):

Milk	10 cups / 2 lt / 64 fl oz
Sugar	½ cup / 75 gm / 2½ oz
Green cardamom (<i>choti elaichi</i>) powder	½ tsp / 1 gm
Saffron (<i>kesar</i>)	a few strands
Almonds (<i>badaam</i>), slivered	2 tsp / 10 gm
Pistachios (<i>pista</i>), slivered	2 tsp / 10 gm

Method :

1. Bring the milk to the boil in a heavy-bottomed pan. Add green cardamom powder and saffron. Remove from heat, add sugar. Keep aside.
2. Heat the ghee in a pan; fry the slices of bread lightly. Remove, drain the excess oil. Soak the fried bread in the milk mixture for 10 minutes.
3. **For the *rabri***, heat the milk and cook till it is reduced to ⅓rd. Stir in the sugar, green cardamom powder, and saffron. Remove from heat and keep aside to cool.
4. Carefully lift the slices of bread from the milk and place on a serving platter. Pour the *rabri* on top and garnish with almonds and pistachios.
5. Serve chilled or at room temperature.

Serves: 4

Basundi

A rich creamy south Indian pudding

Ingredients:

Full-cream milk	10 cups / 2 lt / 64 fl oz
Sugar	½ cup / 75 gm / 2½ oz
Green cardamom (<i>choti elaichi</i>), powdered	6
Saffron (<i>kesar</i>), soaked in ½ cup warm milk	a pinch
Pistachios (<i>pista</i>), finely chopped	1 tbsp / 15 gm

Serves: 6

Method:

1. In a heavy-bottomed pot, cook the full-cream milk till it is reduced to less than half its amount. Add the sugar and green cardamom powder. Cook for 6-7 minutes more, stirring continuously.
2. Add saffron and mix well. Remove and keep aside to cool.
3. Sprinkle the pistachios on top and serve chilled in individual bowls.



Lagan Nu Custard

Wedding custard

Ingredients:

Milk	4 cups / 800 ml / 28 oz
Sugar	1⅔ cups / 250 gm / 9 oz
Eggs, beaten	3
Vanilla essence	1 tsp / 5 ml
Rose water (<i>gulab jal</i>)	1 tsp / 5 ml
Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm
Nutmeg (<i>jaiphal</i>), grated	½ tsp / 1 gm
Almonds (<i>badaam</i>), blanched, sliced	10

Method:

1. Boil the milk and sugar on low heat till it is reduced to half the quantity. Keep aside to cool.
2. Add the eggs, vanilla essence, rose water, and green cardamom powder.
3. Pour the mixture into a baking dish, add nutmeg and almonds and bake at 180°C / 350°F for 40-50 minutes or till the top is golden brown. Remove from the oven, cool and refrigerate. Cut into pieces and serve

Serves: 4-6

Phal Mai Rabri Kulfi

Indian ice cream set in apples and oranges

Ingredients:

Full-cream milk	5 cups / 1 lt / 32 fl oz
Sugar	1 cup / 150 gm / 5 oz
Saffron (<i>kesar</i>), dissolved in	
2 tbsp water	a few strands
Black grapes (<i>kala angoor</i>)	10
Green grapes (<i>hara angoor</i>)	10
Pistachios (<i>pista</i>)	15
Apples (<i>seb</i>)	3
Oranges (<i>santra</i>)	3

Serves: 6

Method:

1. Pour the milk in a thick-bottomed pan, simmer till reduced to half the amount.
2. Add the sugar and cook till it dissolves in the milk. Boil till a semi-solid mass remains.
3. Add the prepared saffron, grapes, and pistachios. Keep aside.
4. Slice off the tops of the apples, remove the core and carefully scoop out the inside portion of the fruit. Keep the shell intact.
5. Cut the top of the orange and remove all the pulp, only the orange shell should remain.
6. Fill the orange and apple cups with the milk mixture. (Traditionally a small earthenware disc is used to cover, then sealed with wheat dough.) Chill the stuffed fruits in an earthen pot filled with ice for 1 hour or till it sets. Cut in slices and serve.



Ale Bele

Coconut crêpes

Ingredients:

For the crêpes:

Refined flour (<i>maida</i>)	1¼ cups / 125 gm / 4 oz
Baking powder	a pinch
Salt	¼ tsp / 1 gm
Egg	1
Granulated sugar	1 tbsp / 20 gm
Milk / half milk and	
half water	1 cup + 3 tbsp / 240 ml / 8 fl oz

For the filling:

Sugar / grated jaggery (<i>gur</i>), dissolved in	1 tbsp
water on low heat	3 tbsp / 60 gm / 2 oz
Coconut (<i>nariyal</i>), grated	2 cups / 200 gm / 7 oz
Ghee for frying	

Makes: 12

Method:

1. Mix all the dry ingredients together in a bowl.
2. Beat the egg with the sugar till foamy. Mix in the milk / milk and water. Pour this gradually into the flour mixture to prevent lumps from forming. Beat well for 1 minute. Leave to stand for 15 minutes.
3. Grease and heat a 6" frying pan lightly with ghee; pour 2 tbsp batter into it, tilting to coat the base thinly. Cook covered for a minute. Remove and repeat till all the batter is used up.
4. **For the filling**, in a pan, add the sugar / jaggery syrup and coconut; cook for a few seconds. Remove from heat and cool.
5. Place a little filling on each pancake and roll tightly.
6. Serve on a dish and sprinkle with grated coconut.

Perada

Guava cheese

Ingredients:

Guavas, medium-sized, peeled	6
Granulated sugar as required	
Lemon (<i>nimbu</i>) juice	1-2 tsp / 5-10 ml
Butter (optional)	1 tsp
Red food colour, optional	a few drops

Method:

1. Cut the guavas in half and scoop out the seeds. Cook the seeds with $\frac{1}{4}$ cup water for a few minutes. Strain through a sieve. Reserve the liquid and discard the seeds.
2. Chop the guavas and cook in a pan with 1 cup water and the reserved liquid till soft and pulpy.
3. Cool for a while and process in a blender till smooth. Weigh the pulp.
4. Return the pulp to the pan with the sugar (which should be half the weight of the guava pulp) and cook, stirring continuously, till the mixture begins to leave the sides of the pan and is of soft-ball consistency. Add the lemon juice, butter, and red food colour, if using. Stir well; remove from heat.
5. Pour the mixture on to a greased board or plate and spread evenly with the back of a greased spoon. Cut into diamond shapes when cold.

Makes: 40-50



Rose de Coco

Fried waffles

Ingredients:

Refined flour (<i>maida</i>)	1 $\frac{3}{4}$ cups / 175 gm
Salt	$\frac{1}{4}$ tsp / 1 gm
Eggs	2
Castor sugar	3 tbsp / 60 gm / 2 oz
Milk / Coconut milk	1 $\frac{1}{2}$ cups / 300 ml / 11 fl oz
Vanilla essence	$\frac{1}{2}$ tsp / 2 $\frac{1}{2}$ ml
Vegetable oil for deep-frying	

Method:

1. Sift the flour and salt together.
2. Beat the eggs with the sugar till thick and foamy. Stir in the milk and vanilla essence and mix well.
3. Add the egg mixture to the flour, gradually, stirring well to make a smooth, thin batter. Leave the batter to rest for 15 minutes.
4. Heat the oil well. Rest the waffle iron (mould) in the hot oil for 2 minutes to heat. Remove and dip immediately into the batter, making sure that the batter coats only the bottom and the sides of the mould and does not go over the top. Transfer immediately to the hot oil. Hold the iron in the oil till the waffle is golden brown and loosens easily. Remove and drain on a plate lined with paper towels. Continue till all the batter is over, heating the mould for a few seconds in the oil before dipping into the batter each time.
5. Cool and store in an airtight container.

Makes: 18

Moong Dal Halwa

Fried green gram pudding

Ingredients:

Split green gram (<i>moong dal</i>), soaked for 30 minutes	½ cup / 100 gm / 3½ oz
Ghee	2 tbsp / 30 gm / 1 oz
Sugar	¼ cup / 37 gm / 1¼ oz
Water	½ cup / 125 ml / 4 fl oz
Green cardamom (<i>choti elaichi</i>)	2
Cashew nuts (<i>kaju</i>), broken	2 tsp / 10 gm
Wholemilk fudge (<i>khoya</i>), fresh, grated	½ cup / 100 gm / 3½ oz
Pistachios (<i>pista</i>), chopped	10

Serves: 4

Method:

1. Drain the split green gram and grind into a rough paste.
2. Heat the ghee in a wok (*kadhai*); fry the green gram paste till light golden in colour.
3. Bring the sugar and water to the boil in another pan. Stir continuously till the sugar dissolves completely. Boil rapidly for 5 minutes. Add to the fried paste.
4. Cook, stirring vigorously, till the mixture becomes thick. Add green cardamom powder.
5. Garnish with cashew nuts, wholemilk fudge, and pistachios. Serve hot.



Gajar Ka Halwa

Shredded carrot pudding

Ingredients:

Carrots (<i>gajar</i>), washed, peeled, shredded	1 kg / 2.2 lb
Milk	2½ cups / 500 ml / 16 fl oz
Sugar	½ cup / 75 gm / 2½ oz
Brown sugar	½ cup / 75 gm / 2½ oz
Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm
Ghee	4 tbsp / 60 gm / 2 oz
Almonds (<i>badaam</i>), slivered	2 tbsp / 30 gm / 1 oz
Raisins (<i>kishmish</i>)	2½ tbsp / 25 gm
Walnuts (<i>akhrot</i>), chopped	2½ tbsp / 40 gm
Cloves (<i>laung</i>), ground	½ tsp / 1 gm
Nutmeg (<i>jaiphal</i>), ground	½ tsp / 1 gm
Cinnamon (<i>dalchini</i>), ground	½ tsp / 1 gm

Method:

1. Boil the carrots and milk in a pan. Reduce heat to moderate and cook for 20-25 minutes, stirring continuously, till the mixture is nearly dry.
2. Add both the sugars and half of the green cardamom powder, stirring continuously for 10-12 minutes. Remove and keep aside.
3. Heat the ghee in a pan on moderate heat; fry the almonds until golden. Add the carrot mixture, raisins, walnuts, and ground spices. Cook till the mixture begins to separate from the sides.
4. Serve hot garnished with the remaining green cardamom powder.

Serves: 10-12

Badaam Ka Halwa

Almond delight

Ingredients:

Almonds (<i>badaam</i>), blanched, chopped	500 gm / 1.1 lb
Ghee	1 cup / 200 gm / 7 oz
Milk	1 cup / 200 ml / 7 fl oz
Sugar	3 cups / 450 gm / 1 lb
Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm
Saffron (<i>kesar</i>)	a few strands
Silver leaf (<i>varq</i>), optional	

Serves: 4-5

Method:

1. In a food processor, grind the almonds with a little milk to make a fine paste.
2. Heat the ghee in a heavy-bottomed pan. Add the almond paste and cook on medium heat until light golden.
3. Add milk and sugar, continue to cook for 10-15 minutes more till the moisture evaporates and the mixture becomes thick. Remove from heat. Add green cardamom powder and saffron.
4. To serve cold, spread on a greased tray, cut into small squares and decorate with silver leaf. To serve hot, ladle individual portions on to dessert plates and decorate with silver leaf.



Rava

Semolina garnished with dry fruits

Ingredients:

Semolina (<i>suji</i>)	2½ cups / 250 gm / 9 oz
Ghee	1 cup / 200 gm / 7 oz
Almonds (<i>badaam</i>), blanched	1 cup / 120 gm / 4 oz
Raisins (<i>kishmish</i>)	2 cups / 200 gm / 7 oz
Eggs, beaten	4
Full-cream milk, cold	5 cups / 1 lt / 32 fl oz
Green cardamom (<i>choti elaichi</i>), powdered	6
Nutmeg (<i>jaiphal</i>) powder	¼ tsp / ½ gm
Rose water (<i>gulab jal</i>)	2 tsp / 10 ml

Serves: 6-8

Method:

1. Heat ½ cup ghee in a wok (*kadhai*); fry almonds and raisins. Remove and drain the excess oil on absorbent paper towels.
2. In the same ghee, add the semolina, sauté on low heat till a pleasant aroma emanates. Then remove and mix in ½ cup water. Return to heat and cook for 2-3 minutes.
3. Remove from heat and add the sugar.
4. Mix the eggs and milk together. Add this to the semolina mixture. Return to heat, cook on low heat, stirring continuously, to avoid formation of lumps. Add ghee, bit by bit, till the mixture thickens. Mix in the green cardamom powder, nutmeg powder, and rose water.
5. Serve warm in a big bowl, garnished with almonds, raisins and a dash of rose water.

Sev

Dry vermicelli delight

Ingredients:

Vermicelli (<i>sev</i>), roasted	5 cups / 500 gm / 1.1 lb
Vegetable oil	1 tbsp / 15 ml
Almonds (<i>badaam</i>), blanched, finely chopped	1 cup / 120 gm / 4 oz
Raisins (<i>kishmish</i>), soaked for 30 minutes	1 cup / 100 gm / 3½ oz
Sugar	2⅔ cups / 400 gm / 14 oz
Rose water (<i>gulab jal</i>)	2 tsp / 10 ml
Green cardamom (<i>choti elaichi</i>), powdered	6
Nutmeg (<i>jaiphal</i>) powder	¼ tsp / ½ gm

Serves: 6-8

Method:

1. Heat the oil in a pan; add almonds and raisins; sauté till slightly golden. Remove and drain the excess oil on absorbent paper towels. Keep aside.
2. Now heat 1 tbsp oil in a pan; add vermicelli and sauté till brown. Add the sugar and ¾ cup water. Mix thoroughly.
3. Cover the pan and cook on low heat till the mixture is dry.
4. If the vermicelli is still not cooked, then sprinkle a bit of water and keep the pan on a griddle and cook for 10-15 minutes more.
5. Transfer contents on a plate, sprinkle rose water, green cardamom powder and nutmeg powder.
6. Serve garnished with fried almonds and raisins.



Meetha Chawal

Sweetened rice mixed with almonds and pistachios

Ingredients:

Rice, Basmati, soaked for 1 hour, drained	1¼ cups / 250 gm / 9 oz
Ghee	8 tbsp / 120 gm / 4 oz
Cloves (<i>laung</i>)	4
Green cardamom (<i>choti elaichi</i>)	4
Cinnamon (<i>dalchini</i>), 1" stick	1
Sugar	2 cups / 300 gm / 11 oz
Saffron (<i>kesar</i>), soaked	1 tsp / 1 gm
Almonds (<i>badaam</i>), blanched	25 gm
Pistachios (<i>pista</i>), chopped	25 gm
Pine nuts (<i>chilgoza</i>), peeled	25 gm

Method:

1. Parboil the rice and spread it out on a flat dish to cool.
2. Heat the ghee in a wok (*kadhai*); add cloves, green cardamom, and cinnamon stick.
3. Add ½ cup water, sugar, and saffron; stir till the syrup becomes slightly sticky.
4. Add rice and stir carefully on low heat for 15 minutes or till the mixture is absolutely dry. Remove from heat.
5. Add almonds, pistachios, and pine nuts; mix gently. Serve hot.

Serves: 6

Modur Pulao

Sweetened Kashmiri rice with coconut and dry fruits

Ingredients:

Rice, Basmati, washed, soaked for 1 hour	2½ cups / 300 gm / 11 oz
Milk	5 cups / 1 lt / 32 fl oz
Sugar	2 cups / 300 gm / 7 oz
Saffron (<i>kesar</i>)	2 tsp / 2 gm
Ghee	5 tbsp / 75 gm / 2½ oz
Almonds (<i>badaam</i>)	½ cup / 60 gm / 2 oz
Cashew nuts (<i>kaju</i>)	¼ cup / 30 gm / 1 oz
Currants (<i>sultanas</i>)	50 gm / 1¾ oz
Coconut (<i>nariyal</i>), diced	¼ cup / 25 gm
Cinnamon (<i>dalchini</i>), 1" sticks	3
Green cardamom (<i>choti elaichi</i>)	6
Black peppercorns (<i>sabut kali mirch</i>)	6
Bay leaves (<i>tej patta</i>)	2
Cloves (<i>laung</i>)	6

Method:

1. Heat the milk in a heavy-bottomed pot; add rice (drained) and cook on low heat till the milk begins to get absorbed. Remove from heat, keeping the rice a little under done.
2. Transfer the rice to a large flat dish. Add the sugar and mix well gently.
3. Soak the saffron in ¼ cup hot water for 5 minutes.
4. Heat the ghee in a heavy-bottomed pot. Lightly fry the dry fruits, coconut, cinnamon sticks, green cardamom, black peppercorns, and bay leaves.
5. Add the rice and saffron water. Stir well, gently.
6. Put a flat pan / griddle under the pot and cook covered, on low heat till a pleasant aroma emanates and the rice is done. Serve hot.

Serves: 4



Meethe Pille Chawal

Sweetened saffron rice

Ingredients:

Rice, washed	2 cups / 400 gm / 14 oz
Ghee	2 tsp / 10 gm
Cloves (<i>laung</i>)	4
Black cardamom (<i>badi elaichi</i>)	1
Water	4 cups / 1 lt / 32 fl oz
Saffron (<i>kesar</i>) or yellow colour	a pinch
Sugar	1 cup / 150 gm / 5 oz

Method:

1. Heat the ghee in a wok (*kadhai*); add cloves and black cardamom. Fry for 1-2 minutes.
2. Add the rice and mix. Pour in the water and edible colour or saffron. Cook until the rice is half done.
3. Mix in the sugar and cook on low heat until all the water evaporates and the rice is tender. Serve hot.

Serves: 2

Shufta

Dry fruits in sugar syrup

Ingredients:

Cottage cheese (<i>paneer</i>), ½" cubes	250 gm / 9 oz
Ghee for frying	
Almonds (<i>badaam</i>), blanched	½ cup / 60 gm / 2 oz
Currants (<i>sultanas</i>)	100 gm / 3½ oz
Coconut (<i>nariyal</i>), slivered	¼ cup / 25 gm
Dried dates (<i>khajoor</i>), deseeded, slivered	1 cup / 50 gm / 1¾ oz
Black peppercorns (<i>sabut kali mirch</i>)	1 tsp / 6 gm
Water	1 cup / 250 ml / 8 fl oz
Sugar	2 cups / 300 gm / 11 oz
Green cardamom (<i>choti elaichi</i>), crushed	6
Saffron (<i>kesar</i>)	½ tsp
Rock candy (<i>mishri</i>)	50 gm / 1¾ oz
Lemon (<i>nimbu</i>) juice	1 tbsp / 15 ml

Method:

1. Heat the ghee (for frying) and fry the cottage cheese lightly. Remove and put aside.
2. Heat 2 tbsp ghee in a pot; lightly sauté the almonds, currants, coconut, dates, and black peppercorns for 1 minute.
3. Add water, sugar, and green cardamom. Stir till the water comes to the boil. Lower heat and cook for 5 minutes.
4. Soak the saffron in 2 tsp of hot water and crush it with the back of a spoon. Mix into the pot and stir well.
5. Add the candied sugar and lemon juice; stir again. When the syrup becomes thick (not dry), remove from heat. Serve warm.

Serves: 10-15



Badaam Ka Sheera

Almond pudding

Ingredients:

Almonds (<i>badaam</i>), soaked for 4 hours	2½ cups / 300 gm / 11 oz
Ghee	1¼ cups / 250 gm / 9 oz
Semolina (<i>suji</i>)	1 tbsp / 10 gm
Water	1 cup / 250 ml / 8 fl oz
Sugar	2 cups / 300 gm / 11 oz
Saffron (<i>kesar</i>), diluted	1 tsp / 1 gm
Pistachios (<i>pista</i>), blanched, chopped	20 gm

Method:

1. Peel and grind the almonds to a smooth paste.
2. Heat the ghee in a big wok (*kadhai*); add semolina and almond paste; sauté on low heat for about 30 minutes.
3. When the paste becomes light brown, add water and sugar; cook on high heat, stirring briskly for 4-5 minutes. The consistency should be semi thick and the texture should be soft.
4. Garnish with saffron and pistachios.

Serves: 6-7

Moong Dal Sheera

A traditional sweet made of green gram

Ingredients:

Split green gram (<i>dhuli moong dal</i>), soaked for 5 hours	1 cup / 200 gm / 7 oz
Ghee	6 tbsp / 90 gm / 3 oz
Milk, hot	1 cup / 200 ml / 7 fl oz
Water, warm	1 cup / 250 ml / 8 fl oz
Sugar	1 cup / 150 gm / 5 oz
Saffron (<i>kesar</i>), dissolved in 1 tbsp hot milk	a few strands
Green cardamom (<i>choti elaichi</i>) seeds, powdered	5
Almonds (<i>badaam</i>), blanched, cut into slivers	10
Pistachios (<i>pista</i>), blanched, cut into slivers	10

Method:

1. Drain the split green gram and grind to a coarse paste using very little water. Drain the excess water which may remain after the grinding is over.
2. Heat the ghee in a wok (*kadhai*); add split green gram paste and stir continuously on low heat till it becomes golden brown.
3. Add the milk and warm water; cook, stirring continuously, till the mixture is absolutely dry.
4. Add the sugar and cook on low heat till the oil separates. Add saffron and green cardamom powder, mix well.
5. Serve hot garnished with almonds and pistachios.

Serves: 4



Adaprathamam

Rice and jaggery pudding

Ingredients:

Rice, raw, soaked, pounded and passed through a fine sieve	2½ cups / 500 gm / 1.1 lb
Water as required	
Ghee, melted	3 tbsp / 45 gm / 1½ oz
Jaggery (<i>gur</i>), dissolved in ¾ cup water	2 cups / 400 gm / 14 oz
Coconut (<i>nariyal</i>), grated	12 cups
Sugar	3 tbsp / 60 gm / 2 oz
Ginger powder (<i>sonth</i>)	¾ tsp
Cumin (<i>jeera</i>) powder	¼ tsp
Green cardamom (<i>choti elaichi</i>) powder	¼ tsp

Method:

1. Mix the rice with enough water to make a smooth paste. Add ghee and mix till the consistency thickens.
2. Cut a plantain leaf the size of a handkerchief and warm it over the fire so that it becomes tender. Pour 1 tbsp of the batter onto the leaf and spread it evenly. Roll the leaf up, tie with a string and steam in a steamer for 3 minutes. When cooked, remove from the leaf and cut into small pieces. Repeat till all the batter is used up.
3. Boil the jaggery till it is of one-thread consistency.
4. Extract 3 cups of thick coconut milk by grinding the coconut with 3 cups water. Grind the coconut again with 8 cups water and extract 8 cups of thin coconut milk (see p. 10).
5. In a cauldron, pour the jaggery syrup and add the pieces. When ¼ of the syrup is absorbed, pour some ghee and stir continuously. When more than ½ the syrup is absorbed pour the second extract of coconut milk.
6. Add the sugar and stir till it thickens.
7. Add all the powders into the first extract of coconut milk; mix well. Pour this mixture into the jaggery mixture. Boil for some time and remove from heat.

Serves: 6

Malpua

Fried sweet pancakes

Ingredients:

Wholewheat flour (<i>atta</i>), sieved	1¼ cups / 150 gm / 5 oz
Sugar / Jaggery (<i>gur</i>)	3 tbsp / 60 gm / 2 oz
Aniseed (<i>saunf</i>), coarsely ground	1 tbsp
Black pepper (<i>kali mirch</i>), coarsely ground	1 tbsp
Yoghurt (<i>dahi</i>)	2 tbsp / 60 gm / 2 oz
Milk	1 cup / 200 ml / 7 fl oz
Ghee	2½ cups / 500 gm / 1.1 lb
Water as needed	

Serves: 2-4

Method:

1. To the flour, add sugar, aniseed, and black pepper. Mix well. If you are using jaggery, rub till the flour and yoghurt are well mixed.
2. Add milk and enough water to make a batter of pouring consistency.
3. Heat the ghee in a flat-bottomed non-stick pan till smoking hot. Take a ladleful of the batter and put into the pan. The batter should spread itself. If it doesn't, then add a little more water and mix well.
4. Cook till the pancake sides turn a golden brown. Remove with a perforated ladle and drain on absorbent paper. Serve hot.



Yel Adai

Coconut and rice pancakes

Ingredients:

Rice, washed, soaked for 10-15 minutes	2½ cups / 500 gm / 1.1 lb
Water	2 cups / 500 ml / 16 fl oz
Jaggery (<i>gur</i>)	1¼ cups / 250 gm / 9 oz
Coconut (<i>nariyal</i>), grated	1¼ cups / 250 gm
Ghee	¾ cup / 150 gm / 5 oz
Salt to taste	
Green cardamom (<i>choti elaichi</i>), seeds	1 tsp / 2 gm
Banana leaves, cut into 4" squares	4

Serves: 2-4

Method:

1. To prepare the jaggery syrup, boil the water, add jaggery and stir well. Remove the scum from time to time. Cook till the syrup is reduced to ¼th.
2. Add the coconut and cook for 5-8 minutes more. Stir in ghee reserving about 25 gm.
3. Grind the rice with enough water to make a batter of pouring consistency. Add salt and green cardamom seeds.
4. Smear the remaining ghee over the banana leaves. Place them over hot plates so that the leaves become soft. Pour the rice batter over the banana leaves, spread the jaggery mixture and fold in the shape of an envelope. Steam them for 18-20 minutes. Serve hot or cold.

Gur Dosa

Jaggery pancakes

Ingredients:

Jaggery (<i>gur</i>), grated	1 tbsp / 15 gm
Water	1 cup / 250 ml / 8 fl oz
Refined flour (<i>maida</i>)	7½ tbsp / 75 gm / 2½ oz
Rice flour, finely ground	2½ tbsp / 25 gm
Lemon (<i>nimbu</i>)	½
Vegetable oil	4 tsp / 20 ml
Coconut (<i>nariyal</i>) powder	4 tsp / 20 gm
Artificial sweetener to taste (optional)	
Green cardamom (<i>choti elaichi</i>) powder	½ tsp / 1 gm
Ghee or white butter	4 tsp / 20 gm

Serves: 6-8

Method:

1. Put the jaggery in the water and let it dissolve. Add both the flours, a little at a time, and blend into a smooth batter.
2. Heat a small non-stick pan and rub the surface lightly with half a lemon dipped in very little oil. Pour a ladleful of batter, tilting the pan to help the mixture spread evenly. Sprinkle some oil and cook on both the sides till golden brown.
3. Mix the coconut powder with artificial sweetener and green cardamom powder. Sprinkle a little of this over the pancakes and roll into cylinders.
4. Brush each roll with ½ tsp melted ghee or top with ½ tsp lightly whipped white butter.
5. Serve warm.



Poli

Stuffed Bengal gram pancakes

Ingredients:

Refined flour (<i>maida</i>)	1 cup / 100 gm / 3½ oz
Salt	a pinch
Bengal gram (<i>chana dal</i>)	75 gm / 2½ oz
Artificial sweetener to taste	
Green cardamom (<i>choti elaichi</i>) powder	¼ tsp
Ghee, melted	2½ tsp / 15 gm

Serves: 2-4

Method:

1. Knead the flour and salt mixture into a soft dough with a little water. Divide the dough into 5 balls. Keep aside.
2. Roast the Bengal gram till golden and aromatic. Grind finely. Then pressure cook with ½ cup water till soft.
3. In a non-stick pan, gently sauté the cooked Bengal gram till thick. Mix the artificial sweetener and green cardamom powder. Keep aside to cool. Divide the mixture into 5 equal portions.
4. Roll out each flour ball, dusting with flour, into a small round pancake. Place one portion of the Bengal gram mixture in the centre. Fold the pancake over the mixture shaping into a flattened ball again.
5. Roll out the filled dough into rounds as thinly as possible. Roast on a griddle (*tawa*) using ½ tsp ghee for each pancake.
6. Serve warm.

Zebre

Sweetened rice rings

Ingredients :

Rice	1¼ cups / 250 gm / 9 oz
Cream / Butter, fresh	1½ tbsp / 30 ml / 1 fl oz
Milk	½ cup / 100 ml / 3½ fl oz
Molasses (<i>gur</i>), ground	50 gm / 1¾ oz
Water as needed	
Vegetable oil / Ghee for frying	

Serves: 2-4

Method :

1. Pick, clean and soak the rice in cold water for about an hour. Drain and grind to a coarse paste.
2. Add cream / butter, milk, and molasses; mix well.
3. Add water gradually to get a thin consistency. Put aside for 15-20 minutes.
4. Heat oil / ghee in a flat-bottomed pan. Place a medium-sized steel bowl upside down in the middle of the oil.
5. When the oil is smoking hot, take one fistful of the batter and pour it slowly all around the bowl to make a ring. Alternatively, you can use a coconut shell with a hole, to pour the batter.
6. Cook till it becomes brown in colour; then turn and cook the other side also. The oil must be very hot and the ring should be turned quickly and removed from the oil as soon as it is done.
7. Similarly, make such rings till all the batter is used up. This can be eaten hot or cold.



Imarti

Lentil roundels dipped in sugar syrup

Ingredients :

Lentil (<i>masoor dal</i>), washed, soaked for 1 hour	1¼ cups / 250 gm
Yellow colour	1 tsp / 5 ml
Refined flour (<i>maida</i>)	5 tsp / 25 gm
Cornflour	5 tsp / 25 gm
For the sugar syrup:	
Sugar	6 cups / 900 gm / 2 lb
Water	6 cups / 1½ lt / 48 fl oz
Saffron (<i>kesar</i>)	a few strands
Vetivier (<i>kewda</i>) essence	1 tsp / 5 ml
Ghee	3¾ cups / 750 gm

Serves: 4

Method :

1. Drain the lentil and blend to a coarse paste. Add yellow colour, flour, and cornflour. Keep aside.
2. **For the sugar syrup**, boil the water and sugar for about 20 minutes till the syrup reaches a thread-like consistency. Stir in the saffron and vetivier essence. Reduce the heat to low.
3. Heat the ghee in a shallow pan. Stuff the prepared paste into a cloth piping bag and pipe out the paste in circles, overlapping each other. Fry for 2-3 minutes on each side until golden yellow.
4. Remove and immerse the roundels directly into the hot sugar syrup. Let them soak for 2 minutes.
5. Remove, drain the excess syrup and serve hot.

Jalebi

Gram flour whirls laced in sugar syrup

Ingredients:

Refined flour (<i>maida</i>)	6 tbsp / 60 gm / 2 oz
Bengal gram flour (<i>besan</i>)	2 tbsp / 20 gm
Yoghurt (<i>dahi</i>)	2 tbsp / 60 gm / 2 oz
Vegetable oil	1 tbsp / 15 ml
Water	½ cup / 125 ml / 4 fl oz
Sugar	1¾ cups / 250 gm / 9 oz
Vegetable oil for deep-frying	

Makes: 20-25 pieces

Method:

1. Mix the refined flour, Bengal gram flour, yoghurt, oil, and water together and let it ferment overnight.
2. Make the syrup with 3 cups water and sugar till a one-string consistency is achieved. Keep aside.
3. Heat the oil in a flat pan. Beat the mixture thoroughly and pack it in a plastic bag. Cut a small hole in one corner and slowly press the bag over the hot oil. Try to make 6 cm whirls starting from the outer ring and ending at the centre. Fry till both sides are crisp. To turn over, use a steel or bamboo skewer. Remove gently with tongs and drain.
4. Soak them in the syrup for about 4 minutes and then take them out. Serve hot.



Gulab Jamun

Fried cottage cheese dumplings stuffed with pistachios

Ingredients:

Soft cottage cheese (<i>chenna</i> , see p. 10)	4½ tbsp / 60 gm / 2 oz
Wholemilk fudge (<i>khoya</i>), grated	2½ cups / 500 gm / 1.1 lb
Refined flour (<i>maida</i>)	4 tbsp / 40 gm / 1½ oz
Baking soda	½ tsp
Water	2 cups / 500 ml / 16 fl oz
Sugar	6 cups / 900 gm / 2 lb
Pistachios (<i>pista</i>), blanched, chopped	5 tsp / 25 gm
Saffron (<i>kesar</i>), soaked in 1 tbsp milk	¼ tsp / 1½ gm
Green cardamom (<i>choti elaichi</i>) powder	½ tsp
Vegetable oil	2½ cups / 500 ml / 16 fl oz

Serves: 8-10

Method:

1. Rub the wholemilk fudge and cottage cheese together to a fine, creamy texture. Sieve in the flour and baking soda and knead to a soft dough. Divide into 20 balls and cover with a moist cloth.
2. Boil the water and sugar in a pan, removing the scum from time to time. Cook on low heat till a thread-like consistency is obtained.
3. Make a thick paste of pistachios, saffron, and green cardamom powder. Divide into 20 portions.
4. Fill a portion into each of the cottage cheese balls.
5. Heat the oil in a pan; fry the dumplings over low heat till golden. Remove with a slotted spoon and transfer into the sugar syrup. Leave in the syrup for at least 1-2 hours. Serve hot with the syrup.

Zauq-e-Shahi (Kala Jamun)

Fried dumplings served with thickened milk

Ingredients:

Wholemilk fudge (<i>khoya</i>), grated	½ cup / 100 gm / 3½ oz
Soft cottage cheese (<i>chenna</i> , see p. 10)	4 tsp / 20 gm
Refined flour (<i>maida</i>), sifted	5 tsp / 25 gm
For the sugar syrup:	
Water	½ cup / 125 ml / 4 fl oz
Sugar	1 cup / 150 gm / 5 oz

Ghee for frying	
Saffron (<i>kesar</i>)	a few strands
Pistachios (<i>pista</i>), chopped	4 tsp / 20 gm

Serves: 4

Method:

1. Knead the wholemilk fudge, soft cottage cheese, and flour into a smooth dough with a little water. Divide the dough into 20 equal-sized balls.
2. Make a thin sugar syrup by boiling the water and sugar together. Keep aside.
3. Heat the ghee in a wok (*kadhai*) on low heat. Slide the balls and gently fry evenly on all sides. When the balls rise to the surface, increase heat to moderate and cook till dark brown.
4. Remove, drain the excess oil and immerse in the sugar syrup. Let them soak till cool.
5. Spread a layer of *rabri* on a serving dish and arrange the dumplings on top. Serve hot, garnished with saffron and pistachios.



Laideecanee

Fried cottage cheese dumplings soaked in sugar syrup

Ingredients:

For the sugar syrup:	
Water	4 cups / 1 lt / 32 fl oz
Sugar	2 cups / 300 gm / 11 oz
For the dumplings:	
Soft cottage cheese (<i>chenna</i> , see p. 10)	2 cups
Wholemilk fudge (<i>khoya</i>)	½ cup / 100 gm / 3½ oz
Arrowroot powder	1 tsp / 2 gm
Soda bicarbonate	a pinch
Rock candy (<i>mishri</i>), broken	10-20 pieces
Green cardamom (<i>choti elaichi</i>), peeled	4

Ghee or vegetable oil for deep-frying	
Rose water (<i>gulab jal</i>)	1 tbsp / 15 ml

Makes: 15-20

Method:

1. **For the sugar syrup**, boil the water and sugar to make a one-string consistency syrup. Keep the syrup warm.
2. **For the dumplings**, mix and mash the cottage cheese, wholemilk fudge, arrowroot, and soda bicarbonate together till smooth. Divide the dough to make 3-4 cm balls. Place a piece of barley sugar and a green cardamom seed inside each ball. Cover and make a smooth ball. Repeat till all are done.
3. Heat the ghee or oil in a wok; slide the balls in carefully. So they start floating, keep turning them with the back of a slotted spoon without lifting them. When they turn dark brown, remove and soak them in the warm sugar syrup for a couple of hours. Sprinkle rose water and serve.

Nanumanu

Coconut based sweet delicacy from Orissa

Ingredients:

For the filling:

Coconut (<i>nariyal</i>), grated or fresh	
cottage cheese (<i>paneer</i>)	1½ cups / 150 gm / 5 oz
Sugar	¾ cup / 112 gm / 3½ oz
Green cardamom (<i>choti elaichi</i>), powdered	5
Black peppercorns (<i>sabut kali mirch</i>), powdered	6
Cashew nuts (<i>kaju</i>)	¼ cup / 30 gm / 1 oz
Raisins (<i>kishmish</i>)	a few

For the dough:

Semolina (<i>suji</i>)	2 cups / 200 gm / 7 oz
Water	1 cup / 250 ml / 8 fl oz
Sugar	¼ cup / 35 gm / 1 oz
Salt	½ tsp / 2 gm
Bay leaf (<i>tej patta</i>)	1
Vegetable oil for deep-frying	

Method:

1. For the filling, mix all the ingredients thoroughly in a bowl. Keep aside.
2. For the dough, follow the recipe for *kakra pitha* (see p. 517). Make small cups of the dough, fill with 2 tsp of the filling, close and seal. Roll to make balls.
3. Heat the oil in a wok (*kadhai*); deep-fry the balls till golden.
4. Serve hot.

Serves: 4-6



Ghau-Ni Raab

Wholewheat flour pudding

Ingredients:

Wholewheat flour (<i>atta</i>)	2 cups / 200 gm / 7 oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Water, hot	3 cups / 750 ml / 24 fl oz
Jaggery (<i>gur</i>)	4 tbsp / 80 gm / 2¾ oz
Ginger powder (<i>sonth</i>)	2 tsp / 4 gm
Almonds (<i>badaam</i>), blanched	12

Method:

1. Heat the oil in a pan; add wholewheat flour and sauté till the flour turns light brown.
2. Add hot water, jaggery, and ginger powder. Stir until the jaggery has dissolved completely. Adjust the sweetness to taste.
3. Serve piping hot, garnished with almonds.

Serves: 4-6

Lapsi

Sweet porridge with broken wheat

Ingredients:

Broken wheat (<i>dalia</i>)	1 cup / 100 gm / 3½ oz
Ghee	½ cup / 100 gm / 3½ oz
Aniseed (<i>saunf</i>)	1 tsp / 1½ gm
Almonds (<i>badaam</i>), blanched, halved	8-10
Dry coconut (<i>copra</i>), slivers	1 tbsp / 15 gm
Water	2 cups / 500 ml / 16 fl oz
Sugar	½ cup / 75 gm / 2½ oz
Green cardamom (<i>choti elaichi</i>), crushed	4

Serves: 4-6

Method:

1. Heat the ghee in a wok (*kadhai*); add aniseed and let them crackle.
2. Add broken wheat and stir-fry till it is well browned.
3. Add almonds, coconut, and water; bring to the boil. Lower heat and cook till the broken wheat becomes tender.
4. Add sugar and stir till it dissolves completely.
5. Remove from heat and garnish with slivers of almonds and cardamom.



Parippu Payasam

South Indian green gram with coconut milk

Ingredients:

Split green gram (<i>moong dal</i>)	2¼ cups / 250 gm / 9 oz
Coconut (<i>nariyal</i>) milk, second extract (see p. 10)	2 cups / 400 ml / 14 fl oz
Jaggery (<i>gur</i>), broken	3 cups / 600 gm / 22 oz
Coconut (<i>nariyal</i>) milk, first extract	1¼ cups / 250 ml / 8 fl oz
Green cardamom (<i>choti elaichi</i>) powder	½ tsp / 1 gm
Raisins (<i>kishmish</i>), fried	¼ cup / 25 gm
Cashew nuts (<i>kaju</i>), fried	¼ cup / 50 gm / 1¾ oz
Ghee	5 tbsp / 75 gm / 2½ oz

Method:

1. In a wok (*kadhai*), roast the split green gram to a light brown colour.
2. Pour in the second extract of the coconut milk and cook till the split green gram turns very soft.
3. Add jaggery and cook till a thick consistency is obtained.
4. Now pour the first extract of the coconut milk and cook on low heat. Add green cardamom powder and mix well. Remove from heat.
5. Serve hot, garnished with raisins, cashew nuts, and ghee.

Serves: 6-8

Kesari Pulao

Sweet saffron rice with almonds and raisins

Ingredients:

Rice	1 cup / 200 gm / 7 oz
Ghee	2 tbsp / 30 gm / 1 oz
Sugar	3 tbsp / 60 gm / 2 oz
Almonds (<i>badaam</i>), blanched	10
Raisins (<i>kishmish</i>), washed, lightly fried	30
Dry coconut (<i>copra</i>), cut into ½ cm cubes, lightly fried	1 tbsp / 4 gm
Green cardamom (<i>choti elaichi</i>), skinned, seeds crushed coarsely	6
Saffron (<i>kesar</i>), soaked in 3 tbsp hot milk	a few strands

Serves: 2-3

Method:

1. Cook the rice in a pan till half done. Drain and keep aside to cool.
2. Heat 1 tbsp ghee in another pan; add the rice and mix well. Add sugar, almonds, raisins, coconut, and green cardamom powder; mix well.
3. Pour the saffron mixture over the rice.
4. Heat the remaining ghee and mix with the rice. Cover the pan with a heavy lid; keep some hot ashes over it and a few live embers under the pan for 10-15 minutes till the rice is completely done and the grains are separated. Alternately, bake in a moderate oven for 10 minutes.

Note: *The rice is eaten as a dessert on festive occasions.*



Kanika Bhog

Green gram and rice preparation

Ingredients:

Rice, soaked for 1 hour, drained	¾ cup / 150 gm / 5 oz
Split green gram (<i>dhuli moong dal</i>), soaked for 1 hour, drained	2½ tbsp / 50 gm / 1¾ oz
Ghee	2 tbsp / 30 gm / 1 oz
Black cardamom (<i>badi elaichi</i>)	2
Cloves (<i>laung</i>)	4
Salt	1 tsp / 4 gm
Sugar	3 tsp / 9 gm
Raisins (<i>kishmish</i>)	10-12
Water	2 cups / 500 ml / 16 fl oz

Method:

1. Heat the ghee in a pressure pan; add black cardamom and cloves; sauté for a while.
2. Add the remaining ingredients; mix well. Close the pan and cook till 2 whistles. Remove the pan from the heat.
3. After 2-3 minutes release the pressure; mix gently and serve hot.

Serves: 4-5

Mewa Ka Zarda

Rice pudding enriched with dry fruits

Ingredients:

Rice, Basmati, picked, washed, soaked in water for 1 hour, drained	2 cups / 400 gm / 14 oz
Vegetable oil	1 cup / 200 ml / 7 fl oz
Milk	4 cups / 800 ml / 28 fl oz
Green cardamom (<i>choti elaichi</i>) seeds, powdered	1½ tsp / 3 gm
Nutmeg (<i>jaiphal</i>) powder	¼ tsp / ½ gm
Mace (<i>javitri</i>) powder	¼ tsp / ½ gm
Saffron (<i>kesar</i>), soaked in 2 tbsp hot milk	½ tsp / ½ gm
Charoli seeds (<i>chironji</i>), coarsely ground	½ cup / 50 gm / 1¾ oz
Almonds (<i>badaam</i>), blanched, peeled, sliced	20 / 16 gm
Cashew nuts (<i>kaju</i>), sliced	20 / 25 gm
Raisins (<i>kishmish</i>), soaked in water for 15 minutes, drained	¼ cup / 30 gm / 1 oz
Sugar	2½ cups / 375 gm / 13 oz

Method:

1. Heat the oil in a deep pan; when hot, add the drained rice. Stir and add the milk. Stir to mix well. Cover the rice until it is cooked and the milk is fully absorbed.
2. Mix green cardamom, nutmeg and mace powders with the saffron milk.
3. Add the saffron mixture, charoli seeds, almonds, cashew nuts, raisins, and sugar to the rice. Mix well.
4. Cover the pan with a tight lid and put in a preheated oven (100°C / 212°F) for 10-12 minutes.

Serves: 4-6



Gujbhata

Sweetened rice mixed with grated carrots

Ingredients:

Rice, Basmati, washed in a number of changes of water, soaked in enough water to cover for 30 minutes, drained	2 cups / 400 gm / 14 oz
Ghee	¼ cup / 50 gm / 1¾ oz
Green cardamom (<i>choti elaichi</i>)	6
Cloves (<i>laung</i>)	6
Sugar	2 cups / 300 gm / 11 oz
Carrots (<i>gajar</i>), grated	4 cups
Vetivier (<i>kewda</i>) essence	½ tsp / 2½ ml

Serves: 4-6

Method:

1. Bring 6 cups water to the boil. Add the drained rice and cook uncovered until the rice is half done. Drain the rice and keep aside.
2. Heat the ghee in a pan; add green cardamom and cloves; sauté until the cardamom changes colour. Add the sugar, carrots, rice, and vetivier essence; stir carefully to mix well.
3. Reduce heat to very low. Cover and cook until the carrots are very tender and the rice is cooked, stirring occasionally.

Anarasa

Nepalese rice flour delicacy

Ingredients:

Rice flour, finely ground	2 cups / 400 gm / 14 oz
Sugar	1 cup / 150 gm / 5 oz
Lemon (<i>nimbu</i>) juice	4 tsp / 20 ml
Sesame (<i>til</i>) seeds	½ cup
Ghee	1¼ cups / 250 gm / 9 oz

Serves: 2-4

Method:

1. Mix together rice flour, sugar, and lemon juice. Collect in a heap, cover with a deep dish turned upside down. Keep aside for 4-5 hours. Remove the dish, and knead the mixture into a dough with a little water.
2. Sprinkle the sesame seeds on a flat steel plate.
3. Make small lemon-sized balls of the dough and roll over the sesame seeds. With your fingers press the balls to form flat rounds, about 5" diameter.
4. Heat some ghee in a flat pan; fry the rice rounds, with the sesame seeds on top, till they become light brown. Keep spooning the ghee (from the pan itself) over the rounds, but do not turn them over. Remove with a slotted spoon and drain on absorbent kitchen towels.



Badaam Burfee

Almond fudge

Ingredients:

Almonds (<i>badaam</i>)	4 cups / 500 gm / 1.1 lb
Sugar	2¾ cups / 400 gm / 14 oz
Water	½ cup / 125 ml / 4 fl oz
Silver leaves (<i>varq</i>)	2-3

Serves: 10-12

Method:

1. Soak the almonds in boiling water for 6-7 minutes. Drain, remove the skin and grind to a coarse paste.
2. Heat the sugar and water together in a pan; stir gently till the sugar dissolves completely. Bring the sugar syrup to the boil and then simmer till bubbles start forming.
3. Add the almond paste and cook, stirring constantly, till the mixture leaves the sides of the pan. Remove from heat.
4. Spread the mixture evenly on a greased plate and smoothen the top. Keep aside to cool and decorate with silver leaves.
5. Cut into squares or diamond shapes and serve.

Pista Burfee

Pistachio squares

Ingredients:

Pistachios (<i>pista</i>), blanched	300 gm / 11 oz
Sugar	1 cup / 150 gm / 5 oz
Water	½ cup / 125 ml / 4 fl oz
Saffron (<i>kesar</i>), diluted in ½ tsp rose water	¼ gm
Silver leaves (<i>varq</i>)	2-3

Makes: 10

Method:

1. Wipe the pistachios with a dry cloth and grind to a course paste.
2. Cook the sugar and water in a wok (*kadhai*) and bring to the boil. Keep stirring till the syrup becomes thick and is ready to set immediately. Remove from heat.
3. Immediately add the pistachio paste. Mix well and transfer to a flat dish.
4. Grease your palms and knead the mixture into a soft dough. Flatten the dough on a greased table top. Roll it out carefully to make an ½"-thick square. Cover the entire square with silver leaves.
5. With a sharp knife, cut the square into 1" small squares. Sprinkle the diluted saffron and serve.



Coconut Burfee

Coconut fudge

Ingredients:

Coconut (<i>nariyal</i>) powder	3 cups / 300 gm / 11 oz
Sugar	3 tbsp / 60 gm / 2 oz
Water	5 tbsp / 75 ml / 2½ fl oz
Essence (<i>sweet ittar</i>)	1 drop
Saffron (<i>kesar</i>)	a few strands
Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm
Pistachios (<i>pista</i>) or silver leaves (<i>varq</i>) for garnishing	

Method:

1. Heat the sugar and water in a pan. Stir continuously till the sugar is completely dissolved.
2. Bring the sugar syrup to the boil. Add coconut powder, sweet *ittar*, saffron, and green cardamom powder. Mix well.
3. Remove from heat and spread evenly on a greased baking tray. Cool and cut into 8 pieces.
4. Garnish with pistachios or silver leaves.

Serves: 4

Chocolate Burfee

Chocolate fudge

Ingredients:

Semolina (<i>suji</i>)	1 tbsp / 10 gm
Cottage cheese (<i>paneer</i>)	1 cup / 100 gm / 3½ oz
Cocoa powder	3 tsp / 15 gm
Artificial sweetener	8 tsp / 40 ml / 1½ fl oz
Silver leaves (<i>varq</i>), optional	

Serves: 2

Method:

1. Roast the semolina till golden. Grind if finer texture is required.
2. Knead the cottage cheese, cocoa powder, artificial sweetener, and semolina paste together, add a little water if necessary.
3. Spread the mixture on a greased plate.
4. Cut and serve decorated with silver leaves (optional).



Rava Laddu

Sweet semolina balls

Ingredients:

Semolina (<i>suji</i>)	6 cups / 600 gm / 22 oz
Ghee	1½ cups / 300 gm / 11 oz
Cashew nuts (<i>kaju</i>), broken	1 cup / 120 gm / 4 oz
Raisins (<i>kishmish</i>)	½ cup / 50 gm / 1¾ oz
Sugar	4 cups / 600 gm / 22 oz
Milk	1½ cups / 300 ml / 11 oz
Green cardamom (<i>choti elaichi</i>), powdered	1½ tbsp

Makes: 100

Method:

1. Heat the ghee in a wok (*kadhai*); add cashew nuts and raisins and fry till golden. Remove and keep aside.
2. In the same ghee, fry the semolina till crisp without losing the white colour.
3. Add sugar, mix well and then pour in the milk. Keep stirring till the mixture sticks between the thumb and forefinger, remove from heat.
4. Mix in the green cardamom powder, cashew nuts, and raisins. Divide the mixture equally into 100 portions. Shape each into balls while the mixture is still hot.

Gond Ke Laddu

Sweet wheat flour balls

Ingredients:

Gum raisin (<i>gond</i>), available in any dry fruit shop	100 gm / 3½ oz
Ghee	¾ cup / 150 gm / 5 oz
Wholewheat flour (<i>atta</i>)	2½ cups / 250 gm / 9 oz
Almonds (<i>badaam</i>), cut into 3 horizontal pieces	100 gm / 3½ oz
Sugar, powdered	250 gm / 9 oz

Makes: 16-17

Method:

1. Break the gum raisin into small bits on a flat dish and sun for 2-3 hours.
2. Heat the ghee in a wok (*kadhai*); fry the gum raisin pieces till they double in size. Keep aside.
3. Strain the leftover ghee and reheat in a wok. Add the wholewheat flour and almonds; sauté on low heat for approximately 20 minutes or till the flour is cooked.
4. Add the fried gum raisin pieces; mix well and keep aside to cool.
5. When cool, add the sugar, mix well and make about 15-16 small-sized balls. Store in airtight jars.



Besan Laddu

Gram flour balls

Ingredients:

Gram flour (<i>besan</i>), sifted	2 cups / 200 gm / 7 oz
Ghee	¾ cup / 150 gm / 5 oz
Coconut (<i>nariyal</i>), dried, grated	2 tbsp / 30 gm / 1 oz
Walnuts (<i>badaam</i>), chopped	2 tbsp / 30 gm / 1 oz
Nutmeg (<i>jaiphal</i>), ground	a pinch
Sugar	¾ cup / 110 gm / 3½ oz

Makes: 24

Method:

1. Melt the ghee in a heavy-bottomed pan on moderately low heat. Add the gram flour, coconut, walnuts (keep some aside for garnishing), and nutmeg. Cook for 5 minutes, stirring constantly.
2. Add sugar and continue to cook for 10-15 minutes or until the mixture is thick and golden brown.
3. Transfer the mixture to a clean, flat surface. When cool enough to handle, shape into 24 equal-sized balls.
4. Garnish with the remaining coconut and walnuts and serve. (You can store these for 10-15 days.)

Sandesh

Creamy cheese fudge

Ingredients:

Soft cottage cheese (<i>chenna</i> , see p. 10)	500 gm / 1.1 lb
Sugar	1 cup / 150 gm / 5 oz
Jaggery (<i>gur</i>)	½ cup / 100 gm / 3½ oz

Serves: 2-4

Method:

1. Prepare the soft cottage cheese; hang it in a cloth to drain the water.
2. Divide the cottage cheese into two parts; mix sugar into one portion and jaggery into the other.
3. Cook both the mixtures separately till they become dry and powdery. Keep aside to cool.
4. Combine both the mixtures when they cool and mix well. Make small round balls out of it.
5. Put the balls in small fudge moulds and press so that the ball takes the shape of the mould. Serve cold. Can be kept refrigerated for up to 4 days.



Aam Sandesh

Cottage cheese fudge stuffed with mango

Ingredients:

Soft cottage cheese (<i>chenna</i> , see p. 10), fresh	400 gm / 14 oz
Alphonso mango, big, ripe, cut into thin slices	1
Cream	2 tbsp / 40 ml
Sugar, powdered	¾ cup / 100 gm / 3½ oz
Rock candy (<i>mishri</i>), broken	1 tbsp
Saffron (<i>kesar</i>), soaked in rose water	½ gm

Makes: 12-14

Method:

1. Squeeze the water out from the cottage cheese and mash well with your palms.
2. When it becomes soft and fluffy, add cream and sugar; mash well again.
3. Divide the mixture equally into 2 parts. Flatten the parts into ¼"-thick squares.
4. Cover the first square with the mango slices and then put the second layer over the mango, covering it completely.
5. With a broad knife, trim the edges neatly. Garnish with saffron and rock candy, and chill for at least ½ hour.
6. Cut into 1" squares and serve.

Kesar Sandesh

Saffron-cheese fudge

Ingredients:

Saffron (<i>kesar</i>)	½ tsp
Full-cream milk	1½ cups / 300 ml / 11 oz
Lemon (<i>nimbu</i>) juice	4 tbsp / 60 ml / 2 fl oz
Sugar, powdered	½ cup / 75 gm / 2½ oz

Method:

1. Roast the saffron in a dry pan and pound to a fine powder. Dissolve in 2 tbsp hot milk. Keep aside.
2. Heat the full-cream milk in a pan on high heat; bring to a frothing boil, stirring continuously. Reduce heat and add lemon juice to curdle the milk. If the milk does not curdle, then add 1 more tbsp of lemon juice. Remove from heat and keep aside to cool.
3. Pour the cheese-whey mixture into a moist cheesecloth. Pick up the cheesecloth by its corners, twist it loosely just to seal the cheese inside and rinse under the tap for a few minutes. Hang the cloth for 20-30 minutes to allow the excess water to drain.
4. Remove the cheese on a clean work surface and crumble till it becomes fluffy and even. Blend in the sugar and knead till smooth and grainless.
5. Transfer the cheese-sugar mixture to a heavy-bottomed pan. Cook for 10-15 minutes or until the mixture becomes a little thick and glossy.
6. Divide the mixture into two portions. Mix the dissolved saffron into one portion till it turns yellow. Divide the yellow cottage cheese mixture into 2 portions again.
7. Spread three alternate layers of yellow, white and yellow mixture on a buttered tray to form a 2"-thick cake. Keep aside to cool and then cut into 1½"-thick squares. Arrange on a platter and serve.

Serves: 2-4



Badaam Pak

Almond and wholemilk fudge squares

Ingredients:

Almonds (<i>badaam</i>), blanched, grated	4 cups / 480 gm / 1 lb
Rose water (<i>gulab jal</i>)	½ cup / 100 ml / 3½ fl oz
Sugar	3⅓ cups / 500 gm / 1.1 lb
Wholemilk fudge (<i>khoya</i>)	3 cups / 300 gm / 11 oz
Ghee	1¼ cups / 250 gm / 9 oz
Green cardamom (<i>choti elaichi</i>), powdered	10
Nutmeg (<i>jaiphal</i>), powdered	½

Serves: 6-8

Method:

1. Boil the rose water and sugar together. Remove from heat after one boil.
2. Add the wholemilk fudge to the rose water syrup and mix thoroughly so that the consistency is smooth. Add the almonds and ghee.
3. Cook on low heat, stirring constantly with a wooden spoon, until the almond mixture leaves the sides of the pan.
4. Add green cardamom powder and nutmeg powder. Mix well.
5. Spread this mixture on a greased plate.
6. When cool, cut into squares and serve.



Mysore Pak

Ingredients:

Sugar	2¼ cups / 350 gm / 12 oz
Water	1 cup / 250 ml / 8 fl oz
Green cardamom (<i>choti elaichi</i>), powdered	8
Ghee	2 cups / 400 gm / 14 oz
Bengal gram flour (<i>besan</i>)	1¼ cups / 125 gm / 4 oz
Refined flour (<i>maida</i>)	½ cup / 50 gm / 1¾ oz

Serves: 4-6

Method:

1. Boil the sugar with water till a thick syrup of 2-3 string consistency is obtained. Mix in the green cardamom powder. Keep aside.
2. Heat the ghee to boiling point and keep aside.
3. Fry the Bengal gram and refined flour in 100 gm / 3½ oz ghee for about 5 minutes or till the ghee separates. Add the sugar syrup and keep stirring for a minute. Then add the rest of the ghee, 1 tbsp at a time. When the mixture stops sticking to the spoon, pour it into a 4 cm-deep greased tray and let it settle for 5 minutes. Now tilt the tray so that the excess ghee runs out. Cut the sweet in 3 cm squares.
4. Serve at room temperature. Store in airtight containers.

Bhakra

Deep-fried flour puffs

Ingredients:

Sugar	1 kg / 2.2 lb
Eggs	6
Semolina (<i>suji</i>), sifted	1 kg / 2.2 lb
Refined flour (<i>maida</i>), sifted	1 kg / 2.2 lb
Toddy	5 cups / 1 lt / 32 fl oz
Ghee	1¼ cups / 250 gm / 9 oz
Nutmeg (<i>jaiphal</i>) powder	1 tsp / 2 gm
Green cardamom (<i>choti elaichi</i>), peeled, powdered	6
Onion seeds (<i>kalonji</i>), crushed	50 gm / 1¾ oz
Vanilla essence	1 tsp / 5 ml
Baking powder	2 tsp / 8 gm
Refined flour (<i>maida</i>)	2½ cups / 250 gm / 9 oz
Vegetable oil for deep-frying	2 cups / 400 ml

Method:

1. Mix the sugar and eggs in a large bowl until the sugar dissolves. Add the next 8 ingredients and knead well.
2. Add the baking powder and knead once again to make a thick dough (if required, sprinkle a little cold water). Cover with a lid and keep a heavy weight over it. Let the dough stand overnight or for about 12 hours.
3. Next day, sprinkle a little flour on the dough and divide it into 4-5 portions. Roll each out into a large round about a ¼" thick. With a round biscuit cutter, 1½" in diameter, cut out discs.
4. Deep-fry the discs in hot oil until dark brown. Remove and repeat till all are fried. Serve with tea.

Makes: 20



Sharkara Puratti

Banana fingers in jaggery

Ingredients:

Bananas, skinned, cut into thick slices, lengthwise	500 gm / 1.1 lb
Vegetable oil for frying	
Jaggery (<i>gur</i>)	1¼ cups / 250 gm / 9 oz
Ginger powder (<i>sonth</i>)	½ tsp / 1 gm
Cumin (<i>jeera</i>) powder	½ tsp / 1 gm
Rice, fried, powdered	2 tsp
Sugar	1½ tbsp / 30 gm / 1 oz

Serves: 4-6

Method:

1. Heat the oil in a pan; deep-fry the banana slices till golden brown. Remove with a slotted spoon and drain the excess oil on paper towels. Keep aside.
2. Melt the jaggery in water and boil till thick. Then lower heat and add the fried bananas.
3. When the banana is coated with jaggery, add ginger powder and cumin powder. Stir carefully but continuously till the banana is completely coated, then remove from heat.
4. Add rice and sugar; mix well. Cool and store in airtight jars.

Dar Ni Pori

Stuffed red gram wheat and rice cake

Ingredients:

For the rice crust:

Rice flour	10 tbsp / 100 gm / 3½ oz
Ghee	½ cup / 100 gm / 3½ oz
Salt	a pinch

For the wheat flour rounds:

Semolina (<i>suji</i>)	1 cup / 100 gm / 3½ oz
Wholewheat flour (<i>atta</i>)	5 tbsp / 50 gm / 1¾ oz
Salt	a pinch
Water	½ cup / 125 ml / 4 fl oz
Rose water (<i>gulab jal</i>)	1 tsp / 5 ml
Ghee	1 tsp / 4 gm

For the stuffing:

Split red gram (<i>arhar dal</i>), washed, drained	1½ cups / 240 gm / 9 oz
Sugar	275 gm / 10 oz
Nutmeg-cardamom (<i>jaiphal-elaichi</i>) powder	2 tsp / 4 gm
Vanilla essence	1 tsp / 5 ml
Ghee	6 tbsp / 90 gm / 3 oz
Black cumin (<i>shahi jeera</i>) seeds, grounded	½ tsp / 1 gm
Raisins (<i>kishmish</i>)	1 tbsp / 10 gm
Crystallized cherries, finely chopped	15 gm
Onion seeds (<i>kalonji</i>)	10 gm

Makes: 2

Method:

1. For the rice crust, put the ghee in a large, round container and whip with your palm till it liquifies.
2. Gradually add rice flour and salt and knead with your palm into a smooth dough.
3. Divide the dough equally into 2 rounds and place them in a bowl of ice-cold water.
4. For the wheat flour rounds, combine the semolina, wholewheat flour, and salt in a large bowl.
5. Add the water and knead into a soft dough.
6. Add rose water and ghee, and knead for 10 more minutes. Divide equally into 2 rounds; keep aside.
7. For the stuffing, cook the split red gram in a pressure cooker with 2½ cups water for about 15 minutes until soft. Transfer into a large vessel and add the sugar, nutmeg-cardamom powder, vanilla essence, 2 tbsp ghee, and black cumin seeds. Mix well.
8. Add raisins, cherries, and onion seeds and if the red gram is not thick, reheat and cool till it thickens.
9. Spread one of the wholewheat flour rounds onto a flat surface with your fingertips till it becomes circular and is the size of a quarter plate. Then take one ball of the rice crust which was put in water and spread it over the wholewheat flour layer making it into a flat circle roughly 5-6" in diameter. Similarly make a disc of the second rice flour crust and wholewheat flour round.
10. Divide the red gram mixture into 2 equal portions and place each on the two flattened layers. Fold the layer over the dal and, roll into a ball. Pat the stuffed roll flat with your palm till it is 6" wide. Repeat with the second round.
11. Heat 1 tbsp ghee on an iron griddle (*tawa*); place one stuffed round carefully in the centre. Cook for 5 minutes on each side shifting it back and forth with 2 pieces of soft cloth till golden brown. Repeat with the second round.
12. Cut into wedges and serve hot with tea.



Kozhukatta

Steamed rolls stuffed with coconut

Ingredients:

Rice flour, sifted	1 cup / 115 gm / 3¾ oz
Water	2 cups / 500 ml / 16 fl oz
Salt to taste	
Vegetable oil	1½ tbsp / 22 ml
Coconut (<i>nariyal</i>), grated	1 cup / 100 gm / 3½ oz
Jaggery (<i>gur</i>), grated	¼ cup / 50 gm / 1¾ oz

Makes: 9

Method:

1. Boil the water, salt, and oil in a vessel with a lid.
2. Lower heat and add rice flour gradually, mixing continuously so that no lumps are formed.
3. Remove from heat and when cool, knead into a smooth dough.
4. Divide the dough equally into 9 balls.
5. Roll each ball out into a thin disc, put a small amount of coconut and jaggery in the centre and fold over into a crescent-shape pressing the end with a fork. Repeat till all are done.
6. Steam them in a steam cooker till done (insert a toothpick in the centre, if it comes out clean, the *kozhukatta* are done).



Ooniappam

Jaggery banana balls

Ingredients:

Rice flour, sifted	1 cup / 115 gm / 3¾ oz
Coconut (<i>nariyal</i>), grated	½ cup / 50 gm / 1¾ oz
Bananas, ripe, mashed, smoothened	½ cup
Jaggery (<i>gur</i>)	½ cup / 100 gm / 3½ oz
Sugar	1½ tbsp / 30 gm / 1 oz
Soda bi carbonate	a pinch

Serves: 6

Method:

1. Mix the rice flour with coconut.
2. Melt the jaggery in a pan and boil it to a one-thread consistency. Remove the pan from the heat.
3. Mix all the remaining ingredients with the jaggery. Add the jaggery mixture to the rice flour mixture and make a smooth batter.
4. Heat the oil in a wok (*kadhai*); pour a spoonful of the batter and deep-fry till brown. Remove and repeat till all the batter has been used.
5. Keep dipping the spoon into water so that the batter falls off easily.

Note: The bananas used in this recipe are the plump yellow variety called *palayankodan*—alternatively any other variety can also be used.

Choorma

Crushed wheat flour cakes with pistachios

Ingredients:

Wholewheat flour (<i>atta</i>)	5 cups / 500 gm / 1.1 lb
Ghee	2 cups / 400 gm / 14 oz
Sugar, powdered	3 ² / ₃ cups / 400 gm / 14 oz
Rock candy (<i>mishri</i>), small bit	50 gm / 1 ³ / ₄ oz
Saffron (<i>kesar</i>), diluted	1 tsp / 1 gm
Green cardamom (<i>choti elaichi</i>), powdered	1 tsp / 2 gm
Pistachios (<i>pista</i>), blanched, chopped	50 gm / 1 ³ / ₄ oz
Rose water (<i>gulab jal</i>)	2 tsp / 10 ml

Serves: 8-10

Method:

1. Sift the wholewheat flour; rub in 100 gm ghee and knead to a stiff dough.
2. Divide the dough equally into 20 balls and shape each into flat cakes.
3. Heat the remaining ghee in a wok (*kadhai*); slide the cakes, a few at a time, and fry on low heat till crisp and brown. Remove and repeat till all the cakes are fried. Keep aside to cool.
4. Pound the fried cakes and sift in a coarse sifter. Add the remaining ingredients; mix well together.
5. This can be served as it is or with *panchmela dal* and *bati*.

Variations: You can make small laddu with the choorma by adding 2 tbsp ghee to the ready mixture.



Chenna Parwal

Parwar stuffed with soft cottage cheese

Ingredients:

Parwars (<i>parwal</i>), big, peeled, slit vertically, boiled, drained	8
Sugar	3 cups / 450 gm / 1 lb
Water	1 cup / 250 ml / 8 fl oz
For the filling:	
Soft cottage cheese (<i>chenna</i> , see p. 10)	200 gm / 7 oz
Sugar, powdered	¹ / ₃ cup / 50 gm / 1 ³ / ₄ oz
Almonds (<i>badaam</i>), peeled, finely chopped	8-10
Pistachios (<i>pista</i>), peeled, finely chopped	10-12
Green cardamom (<i>choti elaichi</i>) powder	¹ / ₂ tsp / 1 gm
Saffron (<i>kesar</i>), diluted in water	¹ / ₂ tsp / ¹ / ₂ gm
Rock candy (<i>mishri</i>), small bits	20 gm
Silver leaves (<i>varg</i>)	2

Method:

1. Carefully remove the seeds from the parwars.
2. Boil the water and sugar together till the syrup is sticky. Add the parwars and cook on low heat, till the parwars change colour and become sweet.
3. **For the filling**, knead cottage cheese with sugar, almonds, pistachios, saffron, green cardamom powder, and rock candy.
4. Drain the parwars, and fill each with the cottage cheese mixture. Press the filled parwars in your palm to give the original shape. Cover with silver leaves and serve.

Makes: 8

Lavang Latika

Bengali flour crispies

Ingredients:

For the dough:

Refined flour (<i>maida</i>)	1 cup / 100 gm / 3½ oz
Vegetable oil	2 tbsp / 30 ml / 1 fl oz
Saffron (<i>kesar</i>), soaked in 1 tbsp water	a few strands
Water	4 tbsp / 60 ml / 2 fl oz

For the filling:

Wholemilk fudge (<i>khoya</i>), mashed	60 gm / 2 oz
Almonds (<i>badaam</i>), slivered	2 tbsp / 30 gm / 1 oz
Pistachios (<i>pista</i>), slivered	2 tbsp / 30 gm / 1 oz
Cloves (<i>laung</i>), powdered	½ tsp / 1 gm
Sugar, powdered	2 tbsp / 40 gm / 1½ oz

For the sugar syrup:

Sugar	3 cups / 450 gm / 1 lb
Water	3 cups / 750 ml / 24 fl oz

Cloves	12
Vegetable oil for frying	

Serves: 4-6

Method:

1. Sift the flour and make a well in the centre.
2. Add the oil and saffron, mix well. Add water gradually, and knead to make a hard dough. Cover the dough with a moist cloth and keep aside for 15 minutes.
3. **For the filling**, mix the wholemilk fudge, almonds, pistachios, clove powder, and sugar together. Divide the filling into 12 equal portions.
4. **For the sugar syrup**, boil the water with sugar till the sugar dissolves completely. Then simmer for 2-3 minutes.
5. Divide the dough into 12 equal portions and shape each portion into balls. Roll out each ball into 6"-diameter pancakes.
6. Place one portion of the filling in the centre of each pancake and brush the edges with water. Fold the pancakes from one side to the centre and press firmly to seal in the filling. Repeat from the other side, to give a 2" -wide strip.
7. Keeping the folded side out, bring the two ends together to make a ring with the strip. Brush the edges with water and press them firmly down to the centre to form squares. Secure each square with a clove.
8. Heat the oil in a wok (*kadhai*); shallow fry the squares on low heat till crisp and golden brown. Remove with a slotted spoon and drain the excess oil on absorbent kitchen towels.
9. Submerge these crispies in hot sugar syrup completely, turning gently. If required, soak for 2-3 minutes. Remove and drain the excess syrup.
10. Arrange neatly on a serving dish and serve.



Kakra Pitha

Fried semolina crispies – the famed sweet dish from Orissa

Ingredients:

Semolina (<i>suji</i>)	2 cups / 200 gm / 7 oz
Water	1 cup / 250 gm / 8 fl oz
Sugar	¼ cup / 35 gm / 1¼ oz
Salt	½ tsp / 2 gm
Bay leaf (<i>tej patta</i>)	1
Vegetable oil for deep-frying	

Serves: 4-6

Method:

1. Heat the water in a pan; add sugar, salt, and bay leaf. Boil till the sugar dissolves.
2. Add semolina gradually and keep stirring. After a couple of minutes as the semolina dries up, remove from heat and keep aside to cool.
3. Now grease your palm with oil and knead the semolina until soft and lump free. Divide the mixture into small balls of 2 cm size. Roll each out into small discs with a rolling pin.
4. Heat the oil in a wok (*kadhai*); deep-fry the discs till golden. Remove and drain the excess oil on absorbent kitchen towels.



Chikki

Groundnut toffee made with jaggery

Ingredients:

Groundnuts (<i>moongphalli</i>), skinned, chopped	400 gm / 14 oz
Jaggery (<i>gur</i>), grated or chopped	1 cup / 200 gm / 7 oz
Water	1 cup / 250 ml / 8 fl oz
Vegetable oil	2 tsp / 4 ml

Serves: 4-6

Method:

1. Grease a steel or aluminium tray and keep aside.
2. Cook the jaggery with water in a pot on low heat, stirring frequently. Test after 5 minutes by dropping ½ tsp of the mixture into cold water. If it forms a hard lump in the water remove from heat. Add the groundnuts and mix well.
3. Pour this mixture into the greased tray. Spread enough to a height of 1" or 2.5 cm. Cut into squares or rectangular pieces when set.
4. Store in airtight containers.

Bebinca

Layered dessert

Ingredients:

Coconut (<i>nariyal</i>), grated	2 cups / 200 gm / 7 oz
Granulated sugar	2 ² / ₃ cups / 400 gm / 14 oz
Egg yolks, beaten lightly	10
Refined flour (<i>maida</i>)	1 cup / 100 gm / 3½ oz
Salt	½ tsp / 2 gm
Nutmeg / Green cardamom (<i>jaiphal / choti elaichi</i>) powder	¼ tsp
Ghee, melted	¾ cup / 150 gm / 5 oz

Serves: 6-8

Method:

1. Preheat the oven to 180°C / 350°F.
2. Extract 1 cup of thick coconut milk by grinding the coconut with 1 cup warm water. Grind the coconut again with 1 cup warm water and extract 1 cup of thin coconut milk.
3. Dissolve the sugar in the thin coconut milk in a pan on low heat. Keep aside to cool. Mix in the egg yolks, a little at a time. Stir in the thick coconut milk. Gradually add the remaining ingredients except ghee. Mix till the batter is smooth. Strain.
4. Pour 3 tbsp ghee into a 7"-round, deep baking tin. Then pour 1 cup batter over the ghee and bake for 10 minutes till set and the top is golden. Pour 1 tbsp ghee over the baked layer and then ¾ cup batter, bake or grill again till golden. Continue till all the batter is used up. There should be 7 layers.
5. When cool turn the *bebinca* out on to a plate. Leave to set for at least 12 hours before slicing.



Letria

Coconut and bread sweet

Ingredients:

Granulated sugar	1 ¹ / ₃ cups / 200 gm / 7 oz
Water	4 tbsp / 60 ml / 2 fl oz
Egg yolks, optional	2
Coconut (<i>nariyal</i>), white part only, grated	2 cups / 200 gm / 7 oz
Fresh bread cubes, crust removed	1 cup / 50 gm
Raisins (<i>kishmish</i>), washed	1 tbsp / 10 gm
Cashew nuts (<i>kaju</i>) / almonds (<i>badaam</i>), blanched, chopped	1 tbsp / 15 gm
Butter / Ghee	1 tsp / 5 gm

Serves: 4-6

Method:

1. Dissolve the sugar in the water in a pan on moderate heat.
2. If using egg, beat the egg yolks well. Pour into an icing bag with a very fine nozzle. Drizzle the egg yolk into the hot sugar syrup in a lacy pattern. When set, lift out with a slotted spoon and leave to cool.
3. Add the coconut and bread to the remaining sugar syrup and cook till it comes together and the moisture is absorbed (approximately 5-7 minutes). Do not let the mixture get too dry.
4. Add the dried fruits and butter / ghee; mix well.
5. Pour on to a greased plate and leave to set. Gently arrange the cooked egg yolk on top, if desired.

Bambaison

Nepalese cardamom-flavoured milk sweet

Ingredients:

Wholemilk fudge (<i>khoya</i>), grated	1 kg / 2.2 lb
Ghee	$\frac{3}{4}$ cup / 150 gm / 5 oz
Sugar	1 $\frac{1}{4}$ cups / 250 gm / 9 oz
Milk	$\frac{1}{2}$ cup / 100 ml / 3 $\frac{1}{2}$ fl oz
Green cardamom (<i>choti elaichi</i>) powder	1 tsp / 2 gm

Serves: 2-4

Method:

1. Heat the ghee in a heavy-bottomed pan. Add the wholemilk fudge and cook on medium heat, stirring continuously till light golden.
2. Add the sugar and milk; continue stirring till the sugar dissolves. Keep cooking till the wholemilk fudge becomes a lumpy mass and leaves the sides of the pan.
3. Remove from heat and mix in the green cardamom powder. Grease a flat plate with ghee and transfer the cooked lump on to it. Spread it out with a greased spatula or the back of a serving spoon. Cut into pieces when still hot. Remove from the plate only when it cools.



Bolo de Coco

Coconut and semolina cake

Ingredients:

Semolina (<i>suji</i>)	1 $\frac{1}{4}$ cups / 175 gm / 6 oz
Granulated sugar	1 $\frac{1}{3}$ cups / 200 gm / 7 oz
Water	4 tbsp / 60 ml / 2 fl oz
Coconut (<i>nariyal</i>), grated	1 $\frac{1}{2}$ cups / 150 gm / 5 oz
Butter	3 tbsp / 60 gm / 2 oz
Vanilla essence	$\frac{1}{2}$ tsp / 2 $\frac{1}{2}$ ml
Baking powder	1 tsp / 6 gm
Eggs, separated	3

Serves: 6

Method:

1. Preheat the oven to 180°C / 350°F.
2. In a pan, dissolve the sugar in water on low heat. Add the coconut and cook for 2 minutes. Add butter, semolina, and vanilla essence; mix well. Remove from heat and keep aside to cool.
3. Mix in the baking powder to the cooled mixture.
4. Beat the egg yolks till thick and foamy and stir into the mixture. Beat the egg whites till stiff and gently fold into the mixture.
5. Pour into a greased, 9"-round cake tin and bake for 25-30 minutes until well-risen and golden.
6. Let it cool in the tin for 10 minutes. Turn out on to a wire rack and cool.

Note: The traditional method of making this cake is to mix the ingredients and keep it overnight to rise, omitting the use of baking powder.

Glossary of Food and Cooking Terms

Baste: Moisten the meat, poultry or game with oil / butter during roasting.

Batter: A mixture of flour, liquid and sometimes other ingredients of a thin, creamy consistency.

Blend: To mix together thoroughly two or more ingredients.

Broil: Dry roast the food items in a heavy-bottomed pan on low heat without using oil or water.

Coat: To cover food that is to be fried with flour, egg, and breadcrumbs or batter.

Curdle: To separate milk into curd and whey by acid or excessive heat.

Dum: Slow oven or *dum pukht* cooking means cooking on low heat in a vessel with a tightly-fitted lid, which is sometimes sealed with dough or aluminium foil. Heat is applied from above and below the pot so that the food stews slowly in its own juices, and absorbs the delicate flavours of the added spices and herbs.

Garnish: An edible decoration added to a savoury or sweet dish to improve its appearance.

Grease: To coat the surface of a dish or tin with fat to prevent food from sticking to it.

Grind: To reduce hard food such as pulses, lentils, rice, and so forth, to fine or coarse paste in a grinder or blender.

Julienne: Garnished with fine strips of cooked or raw vegetables.

Knead: To work a dough by hand or machine until smooth.

Marinade: A seasoned mixture of oil, vinegar, lemon juice, and so forth, in which meat, poultry or fish is left for some time to soften and add flavour to it.

Purée: To press food through a fine sieve or blend it in a blender or food processor to a smooth, thick mixture.

Rub in: To incorporate the fat into flour using the fingertips.

Sauté: To cook in an open pan in hot, shallow fat, tossing the food to prevent it from sticking.

Seasoning: Salt, pepper, spices, herbs, and so forth, added to give depth of flavour.

Simmer: To boil gently on low heat.

Skewer: Fasten together pieces of food compactly on a specially designed long pin, for cooking.

Smoking: The process of imparting a smoked flavour to the preparation. Heat a piece of coal over the flame till it becomes red hot. Overlap 2-3 onion peels to form a small cup. Place it in the middle of the dish, with the preparation to be smoked. Place the coal in the onion-peel cup. Smoke with either of the following:

1. Smoking with garlic paste: Put ½ tsp of garlic paste on the coal. Pour 1 tsp ghee on it. Immediately cover with a lid and smoke for 5-7 minutes.

2. Smoking with cloves: Put 3 cloves on the coal. Immediately cover with a lid, smoke for 5-7 minutes.

3. Smoking with ghee: Put 1 tsp ghee on the coal. Immediately cover with a lid and smoke for 5-7 minutes. For best results, this process must be done quickly, so it helps to have everything handy.

Steam: To cook food in steam. Generally food to be steamed is put in a perforated container which is placed above a pan of boiling water. The food should not come into contact with the water.

Stir: To mix with a circular action, usually with a spoon, fork or spatula.

Syrup: A concentrated solution of sugar in water.

Tandoor: Tandoor is a large coal-fired oven. It is easily adaptable to the oven, the electrical grill or the microwave. Tandoor is akin to the western barbecue, but with more delicate flavours and with marinades which enhance the flavour of the principle ingredient.

Temper: To fry spices and flavourings in hot oil or ghee, and to pour this over the main preparation.

Whip: To beat rapidly and introduce air into an ingredient; usually cream.

Whisk: To beat rapidly to introduce air into a light mixture; usually of egg.

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the tome of tandoor, the Bible of butter fry
from cashew nuts to Kashmiri, cardamom to curry
butter chicken to Bengali. pulao to Punjabi
from sweet to sour, vegetables to meat
stir fry, shallow fry, deep fry
chillies and chilled over

1000

Great Indian Recipes

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